THE 2010 METRO PHOTO CHALLENGE HAVE YOU GOT WHAT IT TAKES? {page 14}

PRIMAL

JOHNNY AND THE BOYS BRING IT YET AGAIN {page 31}

TORONTO metro®

Tuesday, October 12, 2010
www.metronews.ca

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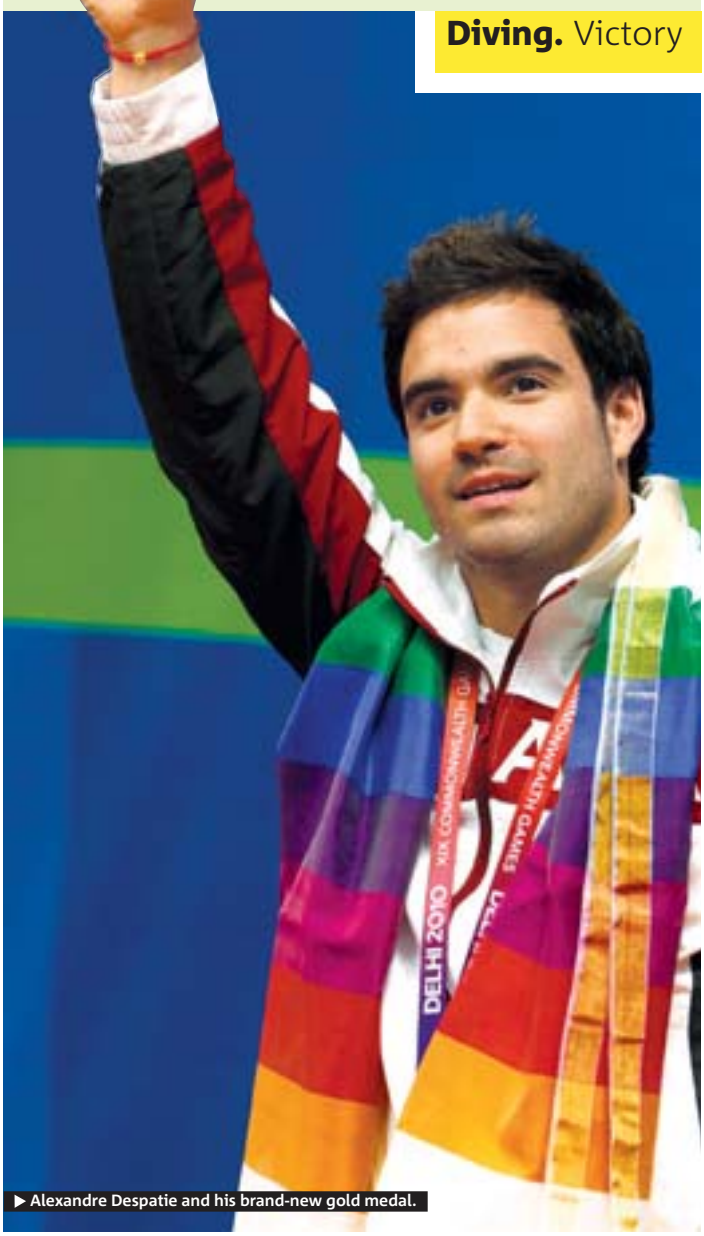
Diving. Victory



▶ Alexandre Despatie and his brand-new gold medal.

PHIL WALTER/GETTY IMAGES

Golden Thanksgiving for Despatie

Alexandre Despatie of Canada won the gold medal in the men's three-metre springboard final at the Dr. S.P. Mukherjee Aquatics Complex during Day 8 of the Delhi 2010 Commonwealth Games yesterday in Delhi, India. For more coverage of the Commonwealth Games, see page 61.

Some new blood in the GTA?

▶ Many 20-somethings running in upcoming civic elections in GTA ▶ Most need to put in hard work, pavement-pounding to overcome campaign obstacles

Jacob Mantle knew he was gaining ground with his door-knocking when an opponent told him: "Everywhere I go, you've already been."

On his second round of canvassing the 2,000 homes in Uxbridge's Ward 4 where he's running for town council, Mantle says now people are greeting him by name.

At 21, he's one of the GTA's youngest candidates in the municipal election. But far from being an obstacle, his tender age and boyish appearance — even decked out in stylish business apparel — work in his favour, says Mantle, a recent university graduate employed as a legislative assistant to Durham MPP John O'Toole.

"Some people tell me, 'You're getting my vote because you're 21.'"

Injecting new life and ideas into their local council is a common theme with young candidates, whose rivals are usually decades older.

"I have the youthful energy and fresh perspective that city hall needs," says 22-year-old William Molls, a graphic and web designer who's running in Toronto's Ward 22. TORSTAR NEWS SERVICE

MORE ELECTION COVERAGE, PAGE 3

"You have to engage young people as adults. It's a myth that they're apathetic and only interested in MTV. They want the city to be beautiful and forward-thinking, with a vision for the future."
WILLIAM MOLLS,
COUNCIL CANDIDATE, WARD 22

Special feature

Top of the Learning Curve

▶ A funding boost for new Canadians ▶ The increasing value of a post-secondary degree ▶ Uncovering the power of music, and more {pages 51-55}

Canada, U.A.E. take it to the air

Canadian officials barred from landing in Gulf nation {page 16}

How to fuel up for your run

Some expert advice on keeping your body in peak form {page 37}

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Milton Mall

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Oakville Place

OSHAWA
Oshawa Centre

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1712A Queen Street East
290 Queen Street West
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222 Spadina Avenue, Unit 3A
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2300 Yonge Street, Unit S22, concourse level
5150 Yonge Street, Unit G3
6064 Yonge Street
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Cedarbrae Mall
College Park
Dufferin Mall
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Fairview Mall
First Canadian Place
Gerrard Square
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905 hears Ford's mantra: Parish

Unchecked growth least-debated campaign issue, Ajax mayor says

CAROLA VYHNAK/TORSTAR NEWS SERVICE

▶ Steve Parish

As Rob Ford's run for the Toronto mayor seat gathers steam, popular Ajax Mayor Steve Parish fears what it means for the suburban regions as they grapple with critical issues such as traffic congestion and "smart growth."

"There's a lot of people in the suburbs that are riding on the same angry, government-is-bad vote," said Parish, who believes Ford's "low tax and government is also wasteful" message is resonating in the 905 regions. "I'm sensing that it is spilling over."

Anti-incumbent fervour, he says, may support developer-friendly politicians and councils who are at odds with the province's plans to control growth. The provincial Places To Grow plan is forcing municipalities to grow up and not out as a way to curb sprawl and tackle the host of ills that come with it.

"By and large," said Parish, "these are conservatives, small-c or capital-c, that believe in an unrestricted free market, which means they believe the development industry should be allowed to do everything they want."

Such candidates often offer simple solutions to complex questions: Wider roads to combat gridlock, rather than investment in public transit; putting more traditional subdivision homes on agricultural land, not denser building.

TORSTAR NEWS SERVICE

No place to grow

The McGuinty government is under pressure from powerful developers and local councils to soften the Places To Grow plan for the GTA-Hamilton region and Simcoe County.

- Within the next council term, in 2014, the province will begin a mandatory 10-year review of the Greenbelt. That's eagerly anticipated by developers who bought land years ago that ended up as part of the protected zone.
- In Halton Hills, Caledon, Vaughan, Pickering and various Simcoe County municipalities, developers and some councils want to turn thousands of hectares of agricultural land over to development, even though it's poorly served by public transit or other infrastructure.

BERNARD WEIL/TORSTAR NEWS SERVICE

▶ Mayoral candidate Rob Ford's message that low tax and government is wasteful appears to have found appreciative ears in the 905 regions.

1 news

News on the move

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Turkey and trimmings for the needy

Demand for meals at Good Shepherd Centre remains about 40 per cent higher than usual due to recession

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶The Good Shepherd Centre prepared 1,600 Thanksgiving meals yesterday.

Three years ago, addicted to crack and booze, Billy Salmon would line up for free meals at Toronto's Good Shepherd Centre.

"I was homeless, penniless, Godless and ... staying in the shelter," said Salmon, 56. "I was bad. I weighed 175 pounds when I came in off the street."

But Salmon, a tall, burly man with a booming laugh, entered rehab. He's been clean and sober for two and a half years.

Salmon was back at the Centre on Queen Street East yesterday to help 80 or so other volunteers serve a Thanksgiving meal to Toronto's needy.

It was one of several holiday meals put on across the city over the weekend.

"The goose bumps come up just when I think about it," Salmon said. "This place literally saved my life,"

The meal began at noon but by 11:30 a.m., hundreds of people were in a line that snaked around the block.

As diners began to stream in, volunteers marched out carrying large trays full of steaming hot turkey, vegetables and stuffing. Others weaved between flower-decorated tables offering up coffee, tea or juice.

"We are having to do far more with far less."
GOOD SHEPHERD CENTRE EXECUTIVE DIRECTOR GAIL NYBERG ON CLIENT VISITS BEING UP 16% THIS YEAR

Each place setting included a piece of pumpkin pie.

The Centre expected to serve 1,600 meals over two and a half hours, which was no small task, said fundraising director Adrienne Urquhart.

Kitchen workers roasted 120 turkeys, cooked 544 kilograms of potatoes and 272 kilograms of stuffing, and prepared 1,200 dinner rolls.

On top of that, there were 57 litres of gravy and 250 pumpkin pies. Most of the food was donated.

TORSTAR NEWS SERVICE

WELLESLEY STREET HIGHRISE

Residents treated to dinner

After a devastating fire that left 1,200 people homeless last month, finally there was a little bit to be thankful for this weekend for residents of 200 Wellesley St. E.

Residents were treated to a Thanksgiving feast at a downtown hotel on Sunday.

"It's a nice gesture, that's for sure," said Dennis Winter, after enjoying the meal at the Ramada Inn, hosted by Toronto Community Housing and the Social Housing Services Corp. Although hundreds have been allowed to return to the St. Jamestown highrise, many others are still waiting. Winter said he won't go back to the building, his home for about 10 years. Temporarily housed in a student highrise near Dufferin and Bloor following the fire, he is finding life without his home frustrating. Friends from the building now are scattered all over the city, so it was good to see them at the dinner, Winter said, but "there's a lot that didn't show up because they're just fed up."

Toronto Community Housing board chairman David Mitchell thanked the 600 tenants attending the dinner for their patience and perseverance. He promised a "town hall meeting" to provide answers about the condition of the building.

TORSTAR NEWS SERVICE.

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SLAIN TEENS

Police seek info in fatal shooting

Police have made no arrests in the slayings of two teens in Toronto, but they're asking anyone with information to contact them.

Police have identified the dead as Jermaine Derby, 19, and Sealand White, 15, both of Toronto.

Police say the pair had just left a party at an apartment when they were shot as they left the elevator of the highrise.

Police say one victim was pronounced dead at the scene while the second died of his injuries in hospital.

Police say they want to talk to some of the people at the party.

THE CANADIAN PRESS

New charges for Chinatown thief

Anthony Bennett, the thief who gained notoriety after being captured by a Chinatown grocer, has been arrested yet again.

The 52-year-old, who has 43 convictions, was charged Friday with five counts of theft under $5,000, according to Toronto police Staff Sgt. David Woodley. He would not confirm reports Bennett is accused of stealing plants from Jungle Fruit, a Kensington market fruit store, earlier this spring.

The arrest came just three days after Bennett took the stand as the Crown's star witness in the trial of David Chen, the owner of the Lucky Moose grocery store on Dundas Street West.

Chen and two store employees are facing charges of assault and forcible confinement for allegedly detaining Bennett in May 2009 after he stole flowers for a second time in a matter of hours. The men chased him down, tied him up with twine and put him in the back of a white van.

Supporters of the defendants, who pleaded not guilty to the charges, consider them vigilante heroes who refused to put up with petty thievery and, instead, made a citizen's arrest. The Crown maintains the grocers used excessive force, and Bennett had not been caught in a criminal act when the citizen's arrest was made. A citizen's arrest can only be made when someone is caught red-handed.

TORSTAR NEWS SERVICE

Testimony

- Anthony Bennett has admitted he was stealing from David Chen, but told court las week that he believed he was the victim. "I didn't know what they were going to do with me," he testified.

Company looking to cash in on rare metals

VINCE TALOTTA/TORSTAR NEWS SERVICE

▶ Don Bubar, CEO of Avalon Venture, a junior mining company that deals with rare metals.

Avalon founder's shares have jumped to $4 from 60 cents on the TSX over the last 18 months

Sure, gold is having a record run and base metals like nickel are heating up again in what's shaping up to be a cyclical bull market in the mining sector, but it's the rare earth metals that are on fire.

Prices for these commodities ranging from dysprosium, terbium and europium — the heavy rare earths — have jumped 300 per cent on average so far this year, yet they are not on most investors' radar because most miners aren't actively hunting for the rare stuff in North America.

But Avalon Rare Metals Inc. is one of a handful of the juniors outside China that is poised to benefit. The Toronto-based explorer has its hands on a deposit of these obscure metals at Thor Lake near Yellowknife, and is slowly but surely getting closer to its goal of opening a mine there as early as 2015.

Geologist Don Bubar has been slugging it out for the last 15 years as the founder and chief executive of the company, but says he finally sees some light at the end of the tunnel.

Q: Why are rare metals so hot right now?

A: There's been a tremendous amount of publicity around the rare earths and the shortages that are being experienced in the marketplace, and the increasing demand for all these new applications in clean technology.

Q: What's in demand?

A: The rare earths are a group of 15 elements that are generally divided into subgroups called the light rare earths and the heavy rare earths. The key to our story remains the fact that our resource (near Yellowknife) contains an unusually high proportion of the heavy rare earths, which are particularly in short supply.

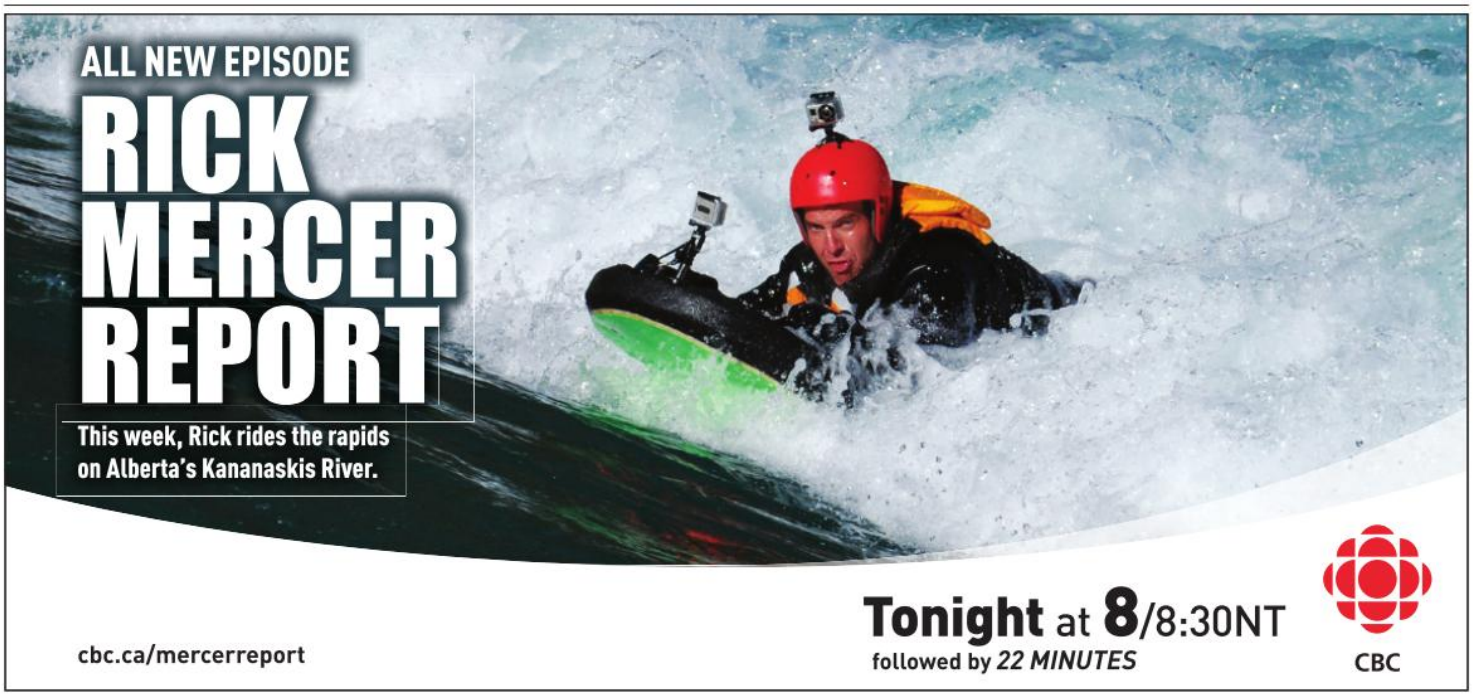
Q: What are they used for?

A: High-strength permanent magnets and phosphorous for lighting. The magnets are used in hybrid cars and wind turbines. The lighting is found in flat screen displays, florescent lighting, LED lighting, energy-efficient lighting as well as display panels.

Q: Where do you think the rare metals market is headed?

A: I think the supply/demand issue is likely to get worse: More restrictions on supply and higher demand, creating higher prices.

TORSTAR NEWS SERVICE



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Membership cards may prevent lotto fraud

Cards also let users save their favourite numbers, keep underage buyers or gambling addicts away

Questionable insider wins and lottery retailers stealing jackpots outright have been a black eye for Ontario's gaming corporation, but other jurisdictions seem to have found the golden ticket to secure gaming — membership cards.

Lottery organizations in Australia, Norway and Finland say membership cards allow each ticket to be traced back to one person or group, ensuring winners always get paid even if their ticket is lost. Ticket buyers get an electronic card to use at the time of purchase. Any small prizes are then directly deposited into a winner's bank account.

Ontario Lottery and Gaming says it is always looking for ways to improve player protection, but needs to share more information with lotteries around the world before putting in a membership program.

"Before we would change anything we would need to closely examine all the pros and cons, costs, etc. associated with these systems," OLG spokesman Tony Bitonti says in an email.

THE CANADIAN PRESS

Weddings. Lucky date

▶ Rui Wang and Paul Miller wait for their allocated time slot ahead of their wedding in Toronto yesterday.

CHRIS YOUNG/THE CANADIAN PRESS

Couples go for perfect 10

A steady stream of couples tied the knot across the country yesterday as they sought to be married on the tenth day of the tenth month of the tenth year, a date which is considered "lucky" by Chinese cultures and "magical" by followers of numerology.

Police given files on alleged stolen jackpot

Hundreds of claimants of an allegedly stolen $12.5-million jackpot are a step closer to getting their hands on the money.

The Ontario Lottery and Gaming Corporation says it has forwarded 341 files to police. That means the claimants' answers to detailed questions about their lottery habits deserve further investigation.

Hundreds of calls flooded the lottery office and the Ontario Provincial Police hours after they announced a search for the "rightful" owner of the ticket.

Background

- The ticket was redeemed in Burlington in December 2003.

Last month, police charged a Toronto-area convenience store employee and his two children with stealing the ticket seven years ago.

The lottery corporation says it has a profile of the lottery spending habits of the unknown person who originally bought the ticket in St. Catharines.

THE CANADIAN PRESS

Motorcycle rider killed

A 43-year-old Mississauga man is dead following a motorcycle crash near Buckhorn.

Provincial police from the Peterborough County detachment say a white 1999 Honda 900 CBR motorcycle travelling south on County Road 507 left the roadway yesterday evening.

The motorcycle crossed the shoulder and ended up in the west ditch south of Baldwin Bay Resort.

The driver, Konstantinos Ververidis, was pronounced dead at the scene.

County Road 507 was closed for several hours for the investigation.

THE CANADIAN PRESS

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HIT AND RUNS

Two hurt in separate crashes

About midnight Saturday, a 51-year-old woman was crossing Kingston Road, near Warden Avenue, when she was struck by a small SUV driving eastbound. She was taken to hospital with life-threatening injuries.

A few hours later, two cars were speeding north on Yonge Street, just past Hwy. 401, police said. The cars collided, sending one into a tree and its 20-year-old male driver to Sunnybrook hospital with serious but non-life-threatening injuries.

TORSTAR NEWS SERVICE

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The most painful turkey dump of all

TANNIS TOOHEY/TORSTAR NEWS SERVICE

▶ Scott McCarter created turkeydump.com, which offers words of advice for both the dumpers and dumpees.

Flippant term for Thanksgiving breakup with hometown sweetie

While most nurse little more than a bloated belly after Thanksgiving, some undergrads are treating something much more serious — the sting of saying goodbye to their hometown sweetheart.

For them, it's "turkey dump" time.

Thanksgiving is the first holiday of the school year, the first time many first-year students come home from campus and, for some, the first opportunity to break up face to face.

Along with piles of dirty laundry, they bring back six weeks worth of new experiences, new friends — and new hookups. As a Ryerson Eyeopener article recently declared, "Frosh week is a week-long party where sex is always on the table."

It should be little wonder then that, as one McGill study found, three-quarters of long-distance relationships in university don't make it past first year.

Just how many crumble over Thanksgiving is impossible to say. But for those that do, turkey-dump.com offers up words of advice for dumper and dumpee, forums for both parties to vent and eCards to mark the occasion.

Scott McCarter created the site shortly after graduating from Guelph University, where he lived in residence in his first year.

He remembers students coming back after Thanksgiving, bemoaning the demise of their relationships.

"I threw the site together as a bit of a joke but to make people aware as well," says McCarter, now a web designer living in Brampton. TORSTAR NEWS SERVICE

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U.S. rescue team may have killed U.K. aid worker

Linda Norgrove, 36, worked on a U.S.-funded aid project She was abducted in an ambush on Sept. 26

THE ASSOCIATED PRESS

▶ Linda Norgrove

A kidnapped British aid worker may have been killed by her American rescuers, rather than her Taliban captors, officials said yesterday.

The U.S. is leading a joint investigation with the British into the death.

NATO initially said Linda Norgrove died when her captors detonated a bomb as NATO forces moved in to free her. But British Prime Minister David Cameron said the U.S. and NATO commander in Afghanistan, Gen. David Petraeus, had informed him that Norgrove may have been killed by a grenade detonated by a member of the U.S. special forces rescue team during the Friday operation in Afghanistan's eastern Kunar province.

"We were clear that Linda's life was in grave danger and the operation offered the best chance of saving her life," Cameron told reporters during a news conference at 10 Downing St.

"I will obviously go over in my mind 100 times whether it was the right decision but I profoundly believe it was."

Lt. Col. John Dorrian, a spokesman at NATO headquarters in Kabul, said yesterday that the rescue mission leader saw surveillance footage of the incident and had discussions with members of the rescue team, and decided "it was not conclusive what the cause of her death was." THE ASSOCIATED PRESS

Mideast. Politics

▶ Israeli Prime Minister Benjamin Netanyahu said yesterday for the first time he would extend the settlement restrictions in the West Bank — if the Palestinians recognize Israel as the Jewish national homeland.

GALI TIBBON/THE ASSOCIATED PRESS

Israeli PM willing to bend?

The official recognition, while innocuous to Israel's supporters, is widely seen as undermining the rights of Arab Israelis, and was immediately rejected by the Palestinians. But it could signal that Netanyahu is willing to bend and save a U.S.-led peace effort in exchange for a different concession.

Solutions sought for offenders with FASD

Too many people who sustained brain damage in the womb when their mothers drank alcohol are ending up in the justice system, and lawyers and judges say it's time to reconstruct the system.

Advocates are hoping the government will finally act when Justice Minister Rob Nicholson meets with B.C. justice ministers this week in Vancouver.

Nicholson told a Canadian Bar Association in August that the matter is on the agenda at the meeting. Treating fetal alcohol offenders is a "huge problem," he acknowledged.

The association passed a resolution urging the government to change criminal sentencing laws for those disabled by Fetal Alcohol Spectrum Disorder, or FASD. When they are convicted of a crime, it said, their "disability" should be recognized and reflected in their sentence. THE CANADIAN PRESS

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Hazel Coonagh, Irish reader, and one of the Metro Photo Challenge winners from last year, chose to go to New York for her prize and raves the prize was "just amazing."

"(Metro Photo Challenge) has definitely helped my career. It was a huge honour and surprise and helped get my name out there," Coonagh said.

"And it gave me a big boost of confidence."

Coonagh, who lives and works in Dublin and recently began interning for a magazine, focuses on photographing "mostly people."

"I always have my camera with me when I ride my bike through Dublin," she said.

▶ Coonagh's winning photo, entitled No Future.

▶ Hazel Coonagh shot this photograph of an abandoned lot on her Photo Challenge winners' prize trip.

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SECOND CUP

JONATHAN MONTPETIT/THE CANADIAN PRESS

▶ Defence Minister Peter MacKay talks to Canadian troops yesterday in Kandahar.

Up in the air as U.A.E. forces Canada off base

◗ MacKay, officials denied from landing in Gulf nation as rift grows over aviation rights ◗ Canadian military forced from operating base in Dubai

Canada's top soldier and two cabinet ministers were up in the air yesterday, their flight plans disrupted after the United Arab Emirates denied them landing in retaliation for a failed business deal.

Defence Minister Peter MacKay, Veterans Affairs Minister Jean-Pierre Blackburn and Chief of the Defence Staff Gen. Walt Natynczyk were flying home from a three-day visit in Afghanistan when the wealthy Gulf nation closed its airspace to their plane, a military source in Ottawa confirmed to The Canadian Press.

The plane had to detour and it was unclear where it was headed afterwards. Government officials were not willing to confirm the location of the three senior officials, but one media report suggested a city in Europe.

Just hours earlier in Kandahar, MacKay indicated Canada was being forced to vacate a military base in the U.A.E. following the failure of negotiations to expand aviation links between the two countries.

"There have been discussion going on between the minister of foreign affairs and his counterpart. These discussions have been going on for some time," MacKay said a short time before he boarded the plane.

"And, at this point, we will abide by the wishes of the Emirates, and ... we will be leaving the base."

The U.A.E. has been seeking more landing rights in Canada for its fast-growing state carriers, Emirates and Etihad. Amid strenuous objections by Air Canada, the talks stalled recently.

The U.A.E. has blamed Canada for the failure of the five-year-long negotiations.

The U.A.E.'s ambassador to Ottawa, Mohammed Abdullah Al-Ghafli, had warned Sunday that the failure to clinch a deal will "undoubtedly affect" bilateral relations.

Camp Mirage was to play a major role in the withdrawal of Canadian troops from Afghanistan following the July 2011 end to the combat mission.

THE CANADIAN PRESS

Camp Mirage

- By forcing Canada to vacate its base in Dubai, a once-secret installation known as Camp Mirage, the U.A.E. will disrupt the Canadian military's principal supply line to Afghanistan.
- Camp Mirage is Canada's only logistical hub in the Middle East. The only other regular resupply route for the military in Kandahar is an overland crossing from Pakistan, which to date has been reserved for low-priority items.
- Convoys travelling from Afghanistan's neighbour usually hire private security to fend off Taliban attacks.

HUNGARY

Another sludge victim found

Authorities say rescue teams found the body of an elderly woman who had been missing since Hungary's flood of caustic red sludge began, raising the death toll of the disaster to eight.

Disaster agency spokesman Tibor Dobson said the body was discovered yesterday near Devecser, one of several towns in western Hungary that were hit by the flood a week ago.

The woman was the last person reported missing. In Kolontar, a nearby town, workers are building a new containment wall in the damaged storage reservoir because cracks have been found in an existing one.

Hungary's prime minister said yesterday that police have detained the director of the aluminum company responsible for the disaster.

THE ASSOCIATED PRESS

U.K. opens terror inquiry

An inquiry into the 2005 London suicide bombings opened yesterday, with victims' family members reliving their nightmares as details poured out about the slow response to the attacks, confusion on the ground and how the bombers were seen laughing as they travelled to the city to commit mass murder.

Some relatives of the 52 commuters slain July 7, 2005, wept in court as they heard conversations recorded just after the explosions in which confused London Underground staff struggled to grasp the scale of what had happened.

"I felt very disturbed and upset and particularly concerned for those whose loved ones did not die immediately," Ros Morley, whose husband Colin died in the bombing of a subway train near Edgware Road station, told Channel 4 News after attending the coroner's inquest.

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- Centerpoint Mall
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- Sheppard Centre
- Yorkgate Mall

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- Winston Power Centre

ORANGEVILLE
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- Eaton Centre
- Eaton Centre II
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Is laughter really the best medicine?

There are 6,000 laughter clubs in India ◗ The movement has gone global ◗ But what role laughter plays in healing is still up for debate

What if you could laugh your problems away?

It's no joke: Proponents of laughter therapy believe a daily dose of hearty giggles and belly laughs can help one relax, feel better and reduce stress levels.

Although the idea has been around since the 1970s, laughter therapy has gained more steam in recent years.

Now, seminars are increasingly common in hospital and workplace settings and, in a sign of its mainstream appeal, laughter therapy has been featured on The Oprah Winfrey Show.

In Canada, the business of laughter is booming. Every province has certified laughter leaders.

And the therapy is being used everywhere — with cancer patients, in the workplace to try to foster a stress-free environment, and even in the treatment of alcohol and drug addiction.

"People at first are inhibited because they find it so ridiculous ... As a very young child you often laughed for no reason. As adults, we lose this childish innocence, so it's like going back to this child-like state."
JOHN LEJDERMAN, MONTREAL LAUGHOLOGIST

Laughter has been shown to increase endorphins, improve relaxation through the lowering of blood pressure, reduce stress and increase muscle function.

Part of the appeal of laughter therapy is that it's easy and can be done anywhere. "We can share it with others, we can use it in relationship building, it's the No. 1 universal language around the world — everyone speaks the language of laughter," said Cheryl Oberg, a Calgary-based laughter specialist.

While some people engage in laughter exercises at home by themselves, a group setting works best as laughter is infectious.

About 20 people gather at a Montreal dance studio to take part in a weekly laughter therapy session. There are no jokes being traded or comedies playing on a television screen.

Instead, the participants are forcing themselves to laugh for no apparent reason, employing a rule that's a central tenet to laughter therapy — fake it till you make it — because even fake laughter does the trick.

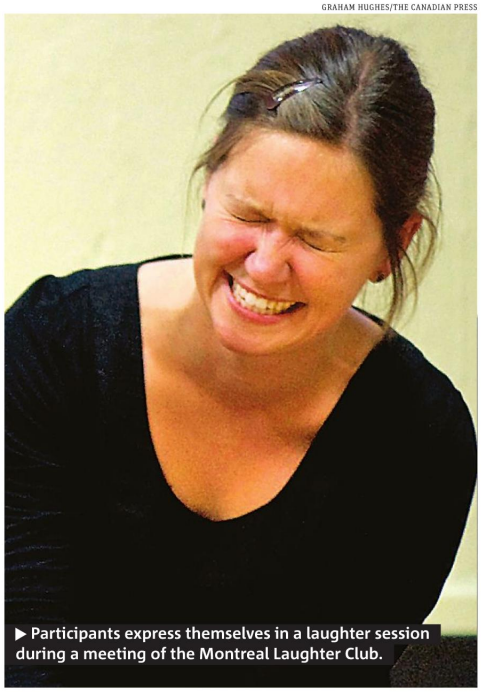
At Heritage Home, a residential drug rehab centre located near the Quebec-U.S. border, laughter therapy is used to help addicts.

The sessions, which have been going on for a few years, are led by Montreal filmmaker Albert Nerenberg, who produced a documentary on laughter therapy and is a certified laughter leader.

"You couldn't think of a worse potential audience therapy than a group of miserable, angry addicts just off drugs, in the worst moods possible," Nerenberg said.

"You had people who were very hard cases ... but the change was amazing based on the simple principle that laughter can take bad moods and turn them into good moods."
THE CANADIAN PRESS

GRAHAM HUGHES/THE CANADIAN PRESS



▶ Participants express themselves in a laughter session during a meeting of the Montreal Laughter Club.

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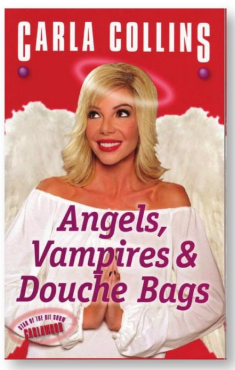

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▶ Rick Hillier

Hillier slams policy

Would give senior bureaucrats greater powers over military than those in National Defence Act "What crap!" Hillier writes in revised memoir

Canada's former top soldier is warning that "field marshal wannabes" are angling to take a bigger role in directing the day-to-day operations of military forces.

Retired general Rick Hillier says a policy paper is circulating around senior levels of the Harper government that suggests the Clerk of the Privy Council and deputy minister of defence take a greater role to "guide" the military.

The former chief of defence staff says there is a growing movement within the federal government to establish a system of micromanagement that could extend from the highest reaches of Ottawa.

THE CANADIAN PRESS

†Odds of winning are approximately 1 in 5. All inquiries, if any, on the "odds of winning" are to be made to the licensee prior to the purchase of ticket(s). Only 230,000 tickets will be sold. Tickets are $100 each or 3 for $250. Ticket purchasers must be a minimum of 18 years of age. Tickets must be purchased in Ontario. The total value of all prizes is $9,364,295.14, inclusive of all taxes and freight. For a complete listing of the prize pool, the rules and regulations and the draw details, see our full brochure or visit our website at lottery.cancer.ca. Lottery Licence Number 3107.

Canada not worthy to win UN seat: Critics

Foreign affairs

- **Criticism.** Groups as disparate as the Bloc Québécois and the Council of Canadians interest group have questioned Canada's UN worthiness.
- **Accusations.** Ex-Canadian ambassador for the UN Robert Fowler has blasted Liberals and Conservatives alike for squandering Canada's hard-earned international reputation.

Lloyd Axworthy parks his red Liberal colours at the door when it comes to his country's bid for a seat on the United Nations Security Council.

Axworthy liked what he heard in Prime Minister Stephen Harper's two speeches to the UN last month. But Axworthy's non-partisan bonhomie has been in short supply as Canada competes with Germany and Portugal for two temporary seats in today's blind ballot of the 192 General Assembly countries.

That view separates Axworthy from prominent ex-Canadian ambassadors, interest groups and even the current Liberal leader, who are openly questioning whether their country has "earned" a seat on the council.

That pervasive sentiment distinguishes this Security Council campaign from the six other ones Canada has waged — all successfully — in the UN's 65-year history, injecting an unprecedented level of partisan political bickering into the country's foreign affairs. THE CANADIAN PRESS

School. Shooting

▶ A school worker hugs a child before Kelly Elementary School reopened yesterday in Carlsbad, Calif.

GREGORY BULL/THE ASSOCIATED PRESS

Elementary school reopens after shooting injures two students

The San Diego-area elementary school, where a man fired at children on a crowded playground and injured two girls Friday, reopened yesterday. The students, ages 6 and 7, are expected to make full recoveries, Carlsbad police said. The suspect, Brendan L. O'Rourke, 41, was arrested on suspicion of six counts of attempted murder and numerous weapons violations.

News in brief

StatsCan faces budget cuts

REDUCTIONS. Statistics Canada is cutting five of its surveys after being told by the federal government to chop its budget by $7 million.

The surveys include environmental and business statistics, and are in addition to other belt-tightening measures at the troubled agency.

The agency lost its chief statistician in July.

THE CANADIAN PRESS

Man allegedly kills daughter

QUEBEC. A teenage girl in Quebec has died after allegedly being struck by her 71-year-old father.

Police near Montreal say the 13-year-old died on Saturday, three days after the alleged assault.

The man was charged with aggravated assault last week.

THE CANADIAN PRESS

Iran arrests two foreigners

INTERVIEWS. Iran said yesterday that it had arrested two foreigners as they were interviewing the son of a woman whose death sentence by stoning on an adultery conviction ignited international outrage.

A judiciary spokesman said the two, who the German Journalists' Association later identified as German nationals, did not have the documents to prove they were journalists.

THE ASSOCIATED PRESS

More seniors being abused financially: Lobby groups

Lobby groups say there is a growing number of cases against relatives who take financial advantage of seniors. Find out how to scan on page 3.

Rescue route ready for miners

- 33 Chilean miners trapped underground since Aug. 5
- Rescuers plan to pull the men out today at midnight

NATACHA PISARENKO/THE ASSOCIATED PRESS

▶ Relatives of trapped miner Jorge Galleguillos wait for news outside the San Jose mine near Copiapo, Chile.

Rescuers in Chile yesterday reinforced a hole drilled to bring 33 trapped miners to safety, and then successfully lowered a rescue capsule nearly all the way down to where the men are trapped, showing how the escape route works.

That means that if all goes well, everything will be in place by midnight today to begin pulling the men out of their subterranean purgatory.

Andre Sougarett, the rescue leader, said the empty capsule descended 610 metres, just 12 metres short of the shaft system where the miners have been trapped since an Aug. 5 collapse.

"We didn't send it (all the way) down because we could risk that someone will jump in," Mining Minister Laurence Golborne told reporters.

He called the 6 a.m. test "very promising, very positive" and said the capsule, the biggest of three built by Chilean Navy engineers, "performed very well in the duct."

A torrent of emotions awaits the miners when they finally rejoin the outside world. As trying as it has been for them to survive underground, their gold and copper mine is familiar territory.

THE ASSOCIATED PRESS

Home stretch

The miners will be celebrated at first, embraced by their families and pursued by more than 750 journalists who have converged on the mine.

- **Rescue list**
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Mayor pleads for end to fast bucks, fast times

Fort McMurray poised for second wave in oilsands boom Family-friendly plan not shared by all

Four years ago, Fort McMurray was a byword for boomtown.

Many saw it as a "lawless frontier town overrun by transient workers with too much money and too few community linkages," Mayor Melissa Blake said recently.

Now, facing what it sees as a second wave of oilsands investment, the northern Alberta oilsands city wants it to be different. Blake told just-completed hearings into a proposed new oilsands mine the city wants to be a place people live in, not just cash in.

"Oilsands companies have been good corporate citizens and their employees are our friends and neighbours, and we want them here," she said. "Unfortunately, that holistic vision of a thriving, family-friendly community seems not to be shared by all the companies."

▶ Mayor Melissa Blake

In 2006, Fort McMurray had pretty much burst at the seams. Years of double-digit growth had doubled its population in less than a decade and everything from water treatment plants to hospitals to roads was taxed beyond its limit. Social impacts were also large, and "Fort Mac" became legendary for fast bucks and fast times.

Blake points out that the city's "shadow population" — those living in camps, renting out rooms or sleeping on somebody's couch — is now about a quarter of its entire population of 103,000.

THE CANADIAN PRESS

Booze. Seattle

▶ Heather McClung, owner of Schooner Exact Brewing Co., says no to new sales system.

ELAINE THOMPSON/THE ASSOCIATED PRESS

State feels the heat of breweries

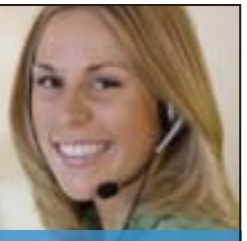
Washington's Initiative 1105 and I-1100, which would abolish the state liquor distribution and sales system in favour of private businesses, faces heat from some U.S. consumers and brewers. They argue the only consumers who will see price benefits for liquor and beer will be those who shop at Costco and other big box stores.

Cashing in on albino body parts

A lobby group says politicians are involved in the trade of human albino body parts in Africa and use them as charms to bring them good fortune. They can cost up to thousands of dollars.

THE ASSOCIATED PRESS

We're Looking for People to Make a Difference



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NOBEL ECONOMICS PRIZE

Laureates crack jobs puzzle

Two Americans and a British-Cypriot economist won the 2010 Nobel economics prize yesterday for developing a theory that helps explain why many people can remain unemployed despite a large number of job vacancies.

Federal Reserve board nominee Peter Diamond was honoured along with Dale Mortensen and Christopher Pissarides with the $1.5-million US prize for their analysis of the obstacles that prevent buyers and sellers from efficiently pairing up in markets.

Diamond — a former mentor to current Federal Reserve chairman Ben Bernanke — analyzed the foundations of so-called search markets, while Mortensen and Pissarides expanded the theory and applied it to the labour market.

Their work, dating back to the 1970s and '80s, sheds light on why the classical view of markets, in which prices are set so buyers and sellers always find each other and all resources are fully utilized, doesn't always apply to the real world. THE ASSOCIATED PRESS

Beijing still furious over Peace Prize nod

KIN CHEUNG/THE ASSOCIATED PRESS

▶ Pro-democracy protesters demand the release of Liu Xiaobo yesterday outside China's Liaison Office in Hong Kong.

◗ Liu Xiaobo's wife under house arrest ◗ Dalai Lama blasts China

China yesterday blocked European officials from meeting with the wife of the jailed Nobel Peace Prize winner, cut off her phone communication and cancelled meetings with Norwegian officials — acting on its fury over the award.

As China retaliated, UN human rights experts called on Beijing to free imprisoned democracy campaigner Liu Xiaobo, who was permitted a brief, tearful meeting with his wife Sunday. Liu dedicated the award to the "lost souls" of the 1989 military crackdown on student demonstrators.

Liu, a slight, 54-year-old literary critic, is in the second year of an 11-year prison term for inciting subversion.

THE ASSOCIATED PRESS

Obama implores Democrats to head to the polls

Nationwide vote could hand majority in House of Representatives, and perhaps Senate, to Republicans

U.S. President Barack Obama intensified his campaign blitz yesterday, flying into Miami for two appearances aimed at lighting a fire under Democratic voters whose turnout at Nov. 2 congressional elections is key to blocking a Republican takeover in the House of Representatives.

This signals a do-or-die campaign he is leading against a predicted Republican landslide that also could cost Democrats their majority in the Senate.

With the economy struggling to recover from the worst economic downturn since the Great Depression of the 1930s, unemployment stuck near 10 per cent and millions of Americans having lost their homes to mortgage foreclosures, Democrats are facing a potentially catastrophic reversal of political fortunes.

SUSAN WALSH/THE ASSOCIATED PRESS

▶ Barack Obama

A Republican takeover in even one congressional chamber stands to crush Obama's agenda for the last two years of his presidency and would represent an embarrassment for Democrats who broadly increased their power in Washington on Obama's presidential coattails just two years ago.

Yesterday Obama called for Republican lawmakers to back his $50 billion plan to improve some of the country's roads, rails and airports.

THE ASSOCIATED PRESS

U.K. Campaign for Wool

▶ Shepherds tend to sheep yesterday on Savile Row, London's premier tailoring street.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Urban flock takes to the streets

Central London's Savile Row was turned into an urban farm in support of the Prince of Wales' Campaign for Wool. The initiative aims to increase the demand for wool in the U.K.

New beau run down by ex: Cops

A Chatham, Ont., man is accused of using his vehicle to strike down his ex's new partner at an apartment building in Tilbury. The victim was treated in hospital for leg and arm injuries.

THE CANADIAN PRESS

Iraq heist kills 5, injures 3

Gunmen using pistols fitted with silencers stormed a money exchange office in central Baghdad yesterday, killing five people and wounding three in a brazen afternoon robbery, police officials said.

THE ASSOCIATED PRESS

Republican wears Nazi uniform

Rich Lott criticized for wearing costume in WWII re-enactments. Learn how to scan on page 3.

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Market moment

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Gold contracts $1,353.30 (+ $9.10)

DRIVERLESS CARS

Google gets into the game

Google Inc. is road-testing cars that steer, stop and start without a driver, the company says.

The goal is to "help prevent traffic accidents, free up people's time and reduce carbon emissions" through ride sharing and "the new 'highway trains of tomorrow,'" said project leader Sebastian Thrun.

The cars are never unmanned, Thrun wrote on Google's blog. He said a backup driver is always behind the wheel to monitor the software.

The cars have travelled a total of 140,000 miles on major California roads without much human intervention, according to Google's corporate blog.

THE ASSOCIATED PRESS

Microsoft bets big on smartphones

RICHARD DREW/THE ASSOCIATED PRESS

▶ Microsoft CEO Steve Ballmer speaks yesterday in New York at the launch of new smartphones that will run on Microsoft's new mobile software.

Early word says software won't support copying, pasting of text

Microsoft Corp. knows the cellphone world is where it's happening and is determined to be part of it.

After years of declining sales of phones based on its Windows Mobile software, Microsoft is starting with a fresh slate — a completely new operating system for phones.

The new handsets will go up against Apple Inc.'s iPhone and the expanding number of phones running on Google Inc.'s Android operating system.

The first phone with Windows Phone 7 Series will be the Samsung Focus, which hits AT&T Inc. stores Nov. 8 for $200 US with a two-year contract requirement, Microsoft said yesterday. It will be closely followed by two more phones, made by LG Electronics and HTC Corp.

In all, Microsoft announced nine phones for the U.S. market yesterday, including one from Dell Inc., and it has lined up 60 carriers in 30 countries to carry Windows Phone 7.

"We want you to get in, get out and back to your life."
MICROSOFT CEO STEVEN BALLMER

To stand out from the competition, Microsoft has given the software a different look, centred around "tiles" that are supposed to tell the user at a glance about new information, such as email and Facebook status update.

Both the iPhone and Android are more application-centred — the user has to tap on an app to see new information.

The software is designed to work well with Microsoft's cash-cow Office applications and to connect to Xbox Live, the company's online game service. But the tens of thousands of applications written for Windows Mobile won't work on Windows Phone 7.

THE ASSOCIATED PRESS

Markets rising

World markets were mostly higher yesterday as investors plowed cash into stocks amid expectations the U.S. Federal Reserve will take action to prevent the economy from slipping back into recession.

Expectations that the Fed, faced with chronically high unemployment, will act in November to prevent a "double dip" recession by forcing long-term interest rates even lower is driving money into stocks, analysts said.

THE ASSOCIATED PRESS

Rio readers get a taste of Metro

Metro has expanded its global presence again. Metro Rio de Janeiro launched Sept.30.

Metro is the world's largest global newspaper with a unique reach of more than 17 million daily readers. It's published in 15 languages across 19 countries, and distributed in more than 100 major cities throughout North and South America, Europe and Asia.

METRO

DMITRY KOSTYUKOV/THE ASSOCIATED PRESS

▶ Arnold Schwarzenegger

Arnie eyes 'gold mine' Russia

California Gov. Arnold Schwarzenegger praised Russia yesterday as a "gold mine" for foreign investors during a trade mission intended to help expansion of Silicon Valley companies.

Schwarzenegger has taken a delegation of Silicon Valley business leaders and venture capitalists in his tow to help them establish connections in Russia, which has launched its own technological hub.

Schwarzenegger praised Russian President Dmitry Medvedev as "one of those great visionaries" and hailed Russia's investment opportunities. The Russian president visited Silicon Valley in June and has launched the nation's own version of it in Moscow's suburb of Skolkovo.

Analysts have been skeptical about Skolkovo, warning that Russia needs to offer more transparent rules for business and to reform its corruption-tainted judicial system to attract foreign investment.

Schwarzenegger said he was thrilled to be back in Moscow, which he visited while starring as a Soviet cop in the 1988 movie Red Heat.

THE ASSOCIATED PRESS

On tour

▶ **Officials** from Google Inc., software-makers Oracle Corp. and Microsoft Corp., biotechnology company Amgen Inc., and fuel-cell technology startup Bloom Energy are accompanying Schwarzenegger.

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DECIPHERING THE FIFTH DATE VANISHING ACT

She says ...

JESSICA NAPIER

Have you ever gone out with a guy on a few great dates and then — POOF — all of a sudden he's gone without so much as an "I'm really busy right now" voice mail?

Of course you have (OK maybe you haven't) because it seems as though these disappearing daters are becoming a problem so rampant they might as well be bedbugs.

In the past few months I've watched a number of my single girlfriends repeat the same disastrous dating pattern. They meet a guy, date him for a month and then never hear from him again. What the hell fellas? Are men just cowards when it comes to confrontation or are you getting lost in some sort of fifth date vortex that I'm unaware of?

In a recent conversation with a womanizing friend of mine, we'll call him Richard (10 points if you can guess the subtext of his alias), I posed the question, why do guys vanish?

He offered a number of reasons why someone who seems interested might suddenly drop off the face of the Earth. Maybe he's a commitment phobe or there was an ex-girlfriend who wasn't really that "ex" after all. Or perhaps, as Richard so delicately put it, something better (i.e., someone hotter) came along.

Charming.

"He admits the theory is flawed; basically, men just don't want to see women cry."

But the question isn't why your guy lost interest, but why he wouldn't bother to tell you. Richard rationalizes, and I'm being generous with the word "rational" here, that ignoring you is actually the more compassionate approach. "If there's no confrontation, how can she get hurt?"

He admits the theory is flawed; basically, men just don't want to see women cry.

Newsflash gentleman, we're not as fragile as you might think. We'll get over you (you were probably a jerk anyway). If it's not meant to be we understand, but at least have the decency to fill us in.

And while he's reassessing his single status we're left dreaming up elaborate excuses to explain where Mister MIA might be. "I'm sure he hasn't called because he's really busy at work/lost his phone/got hit by a bus" etc. Soon enough it becomes heartbreakingly obvious that he's decided to dump you without getting his hands dirty.

Let's face it, ultimately we'll never really understand where these hunky Houdinis go and why on Earth there isn't any cellphone reception there. It's best to just forget about him. If you have been a victim of the fifth date vanishing act don't let it discourage you. After all, the show must go on.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Fly me to the moon

Worth mentioning

Virgin Galactic's space tourism rocket SpaceShipTwo achieved its first solo glide flight Sunday, marking another step in the company's eventual plans to fly paying passengers.

SpaceShipTwo was carried aloft by its mothership to an altitude of 45,000 feet and released over the Mojave Desert. After the separation, SpaceShipTwo, manned by two pilots, flew freely for 11 minutes before landing at an airport runway followed by the mothership.

The entire test flight lasted about 25 minutes.

The final frontier

The six-passenger SpaceShipTwo is undergoing rigorous testing before it can carry tourists to space. In the latest test, SpaceShipTwo did not fire its rocket engine to climb to space.

Until now, SpaceShipTwo has flown attached to the wing of its special jet-powered mothership dubbed WhiteKnightTwo.

Sunday was the first time the spaceship flew on its own.

The news was hailed by space tourism advocates.

Tickets to ride aboard SpaceShipTwo cost $200,000. Some 370 customers have plunked down deposits totalling $50 million, according to Virgin Galactic.

THE ASSOCIATED PRESS

What did you want to be when you were a child?

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Metro Minute at Annex HodgePodge

Sure, we had a gorgeous Thanksgiving weekend, but a return to cooler temperatures is as inevitable as turkey leftovers. But it's not all bad. After all, soup tastes much better when you have to thaw your fingers over the rising steam, right? So loosen your scarf and settle into the tiny Annex HodgePodge for one of chef Jenna Katz's homemade vegan soups. The Winnipeg native has managed to hide your daily recommended vegetable intake in a broth of pure deliciousness. Flavours like sweet broccoli, spinach and jalapeno, and — Jenna's personal favourite — zucchini and dill are thick, hearty, and clock in at a whopping 60 calories per serving. Winter weight be damned!

JORDANA DIVON

CONTRIBUTED

▶ Although flavours change with the wind, The Annex HodgePodge (258 Dupont) makes sure its kitchen is stocked with the popular curried carrot and ginger soup each day.

PROBLEM WITH CONVENTIONAL TANK-TYPE WATER HEATER

Thermal Heat Loss
20-40% of energy consumed by a traditional tank heater is wasted as heat is slowly lost due to radiant heat loss from the storage tank.

Limited Supply
Conventional water heaters frequently run out of hot water after several back-to-back demands and often after only one shower or demand. The user must then wait for a long period of time for the heater to "refresh"

Overheating
To ensure a traditional heater refreshes at a reasonable rate, most heaters are set at very high temperatures (130F+). This wastes energy and increases risk of scalding, especially for children and the elderly.

Hard Water Minerals
Hard water scale forms most readily when water is heated for extended periods. Hard water scale quickly coats the internal components causing a loss of efficiency and shorter life, and often leaks.

Short Life / Disposal
Conventional water heaters typically last from 6 to 12 years in most residential applications. They are bulky and take up a huge amount of landfill space and are costly to recycle.

Bulky Size
Due to their large storage tanks, conventional water heaters are bulky and take up lots of space.

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Sophisticated tankless heaters allow you to set the ongoing water temperature to a much more reasonable and safer temperature, closer to the actual temperature you will use the water at, thereby reducing risk of scalding. According to the US. Department of Energy, for each 10F reduction in water temperature, you can save between 3%-5% in energy costs.
Since hot water is not stored, tankless water heaters generally handle hard water minerals and sediments much better than conventional tanks. This makes them far less likely to leak or rupture, and able to maintain efficiency throughout their whole lifecycle. Accordingly, many have much longer warranties.
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More pain in the funny bone

- Jackass 3-D takes bathroom humour to a whole new level
- Aging stooges have no plans to retire

Jackass director Jeff Tremaine: "By chance we ended up with a really extraordinary group of idiots."

PHIL BROWN
SCENE@METRONEWS.CA

For anyone who enjoys the simple pleasure of watching a grown man get kicked in the groin and covered in fecal matter until he vomits, there is no movie more highly anticipated than Jackass 3-D.

This celebration of stupidity has been a pop culture institution for a decade, spanning a successful TV series and three movies.

"If you had told us 10 years ago we would make a 3-D movie, we'd probably laugh in your face," Jackass creator/director Jeff Tremaine said.

Critics who despise the group's love of bathroom humour and pain may never understand it, but there is an innocent joy to their slapstick antics that isn't far removed from The Three Stooges.

"It's a really primal type of funny," claimed Johnny Knoxville, who has become a star through the series.

"On this movie, I got a concussion, whiplash. stitches, and a dislocated shoulder.

Stunts

Knoxville And Tremaine on turning down Jackass stunts:

- **JK:** "We're all willing to do the stunts. The only time that we won't do a stunt is if the spirit isn't right. Everyone has to feel like, 'Ok, this is going to suck, but we're going to do it.' But if there's a negative vibe going around the set, we'll say 'ok, let's not do that stunt right now.
- **JT:** And that's extremely rare. When we get the guys together, it's usually gold.
- **JK:** "Wrangling the guys is tough. Pontius has his own personal wrangler. ... We were shooting the 3-D test ... and right in the middle of the scene Pontius just walked out. We were like, 'Where are you going?' He just said, 'I'm going to buy some chewing tobacco.' So we have someone with him all the time now."

Classic moments of Jackass

For 10 years no one has mastered comedic masochism quite as well as the lovable morons of Jackass. With the upcoming Jackass 3D promising to send self-inflicted pain and poo jokes into a new dimension, we thought we'd take a look back at some of the best (or worst) moments in the history of the franchise.

The Self-Defense Test
The stunt that started it all. Then freelance writer Johnny Knoxville decided to test mace, a taser, and a stun gun on himself to determine the effectiveness of the self-defense devices. Unsurprisingly the final verdict was that they all work, but the tape was shockingly hilarious, caught Larry Flynt's attention, and spawned a franchise.

The Cup Test
Being John Malkovich director Spike Jonze is an unexpected Jackass collaborator and one of his greatest contributions was the idea for this TV sketch in which Johnny Knoxville donned a sports cup and tested its durability against the likes of paintballs and a sledgehammer. It hurt and we all laughed.

The Fart Mask
What happens when you trap a fart and the charmingly insane Steve-O inside a diver's helmet? Comedy genius. What exactly happens during this minute-long clip defies explanation and needs to be seen to be believed. Simultaneously one of the funniest and most disgusting things you'll ever see. A statement that sums up the appeal of Jackass in a nutshell.

PHIL BROWN

2 scene

HBO

HBO says Al Pacino is set to star as legendary record producer Phil Spector in a TV film to be written and directed by David Mamet.

The film will tell the story of Spector, who long ago recorded such acts as the Beatles, Cher and the Ramones. Now, at age 70, he's serving a prison sentence of 19 years to life for murder. He was convicted for the 2003 shooting death of actress Lana Clarkson.

THE ASSOCIATED PRESS

Jay Leno drops by Sarah Palin's hometown, cuts ribbon to open recruiting office. Scan code for story.

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

KEEPING LENNON'S LEGACY ALIVE

If John Lennon were still alive, you can bet there would have been one hell of a party for the former Beatles' 70th birthday last Friday. But instead, we have to read articles about what the peacenik would have been like 30 years after he was shot dead by Mark David Chapman.

Lennon's legacy is a complex one. His wife, Yoko Ono, has made it her mission to keep his music on the radio, in movies and, to some controversy, in commercials. It's to her credit that the legendary rocker is still as omnipresent as he is — in some ways it feels as if he's still making music in New York City.

Luckily, the singer-songwriter's tunes have stood up after all these years, so Ono hasn't had too much trouble convincing people to keep his music playing. What his been more difficult is pushing his message of peace and love.

It's impossible to know what Lennon would have said about the Iraq and Afghanistan wars, or 9/11 or the war on terror, but you can assume he'd be angry about the growing body counts around the world. It would be nice to think that he'd do something as provocative as his 1969 bed-in to protest the Vietnam War — he recorded Give Peace a Chance in Montreal during one of his week-long hotel room stays — but it's just as plausible that he would have been disaffected by the continued disregard for public opinion. (See Iraq War.)

Ono says Lennon would have still been active — she says he'd take to Twitter to voice his displeasure of the Iraq and Afghanistan wars. That doesn't seem like the best way to inspire activism, but at least he'd be doing something, and hopefully he would have followed up with more provocative action.

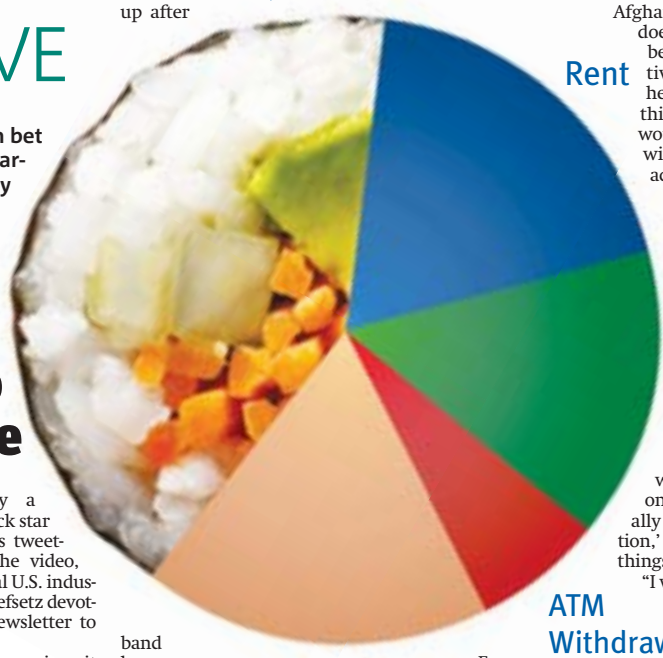
But, we can speculate all we want, the fact is, it's this part of Lennon's legacy that has been lost. These days Give Peace a Chance is more of a campfire tune than a protest song, and while other artists have spoken out, no one's made it a central part of their identity.

Maybe we're all too cynical these days, but his messages of peace feel quaint; they don't carry nearly the same weight as they did 40 years ago.

And that's a shame. If there's anything Ono should have been reminding us about, it's that Lennon's wish to see everyone get a long still matters.

JEFF GOODE/TORSTAR NEWS SERVICES

▶ John Lennon



Hollerado video a hit on YouTube

With a miniscule $4,000 budget and a little help from their friends, Montreal rockers Hollerado have scored a veritable viral sensation.

The group released the ambitious video for their single, Americanarama, on Oct. 3 and almost immediately set social media aflutter.

Within only a few days, 30 Rock star Elizabeth Banks tweeted a link to the video, while influential U.S. industry writer Bob Lefsetz devoted an entire newsletter to the track.

By Monday morning, it had more than 280,000 views on YouTube.

The response took the band by surprise, but also justified the gruelling work that was poured into the video.

FLICKR: BRENDA_H_LEE

▶ Montreal band Hollerado became a hit when their DIY video Americanarama hit YouTube.

"It's been great," singer Menno Versteeg said in a telephone interview from the streets of Montreal. "We can't say anything except for that we're really grateful."

Nicknamed The 8-Bit Human Video, the video for the song features 24 actors stacked in a grid, posing and dancing in time with the herky-jerky rhythm of the power-pop tune.

From there, the actors pivot massive cue cards to spell out messages, form patterns to correspond with the song's buoyant bassline and even impressively mimic a gigantic game of Pong played by two band members.

Really, it has to be seen to be believed.

Perhaps harder to believe — for cynical commentators online, at least — is that the joyous video was shot in one extended take.

"I've read a few things online and people calling us on it and saying, 'No, there's no way they did this in one take,' and 'It's actually stop-motion animation,' and all these different things," Versteeg said.

"I was there. I know for a fact that it was done in one take."

So, how did they pull it off?

Well, the concept began with the four-piece band soliciting video treatments. They wanted something quirky, a "cheap and awesome way to do something that hadn't been done before," Versteeg said.

They worked with director Greg Jardin to select the concept they liked the best. And then the real work started.

Jardin and the band shot the video in June in Los Angeles. With all of the volunteer actors and the band themselves pitching in.

Each of the 24 actors shuffled as many as 30 cue cards — all of which were painted by hand by the band. The video was shot at one-quarter speed, with Jardin shouting out cues through a bullhorn.

In total, there were 424 cues for the actors to memorize. They spent consecutive 12-hour days rehearsing in the 35-degree L.A. heat.

It ultimately took 15 runthroughs to get the perfect take, which was fortuitous because Versteeg said the end of the day was approaching and he knew they couldn't afford to spend another day shooting. **THE CANADIAN PRESS**

Check out Hollerado's video for yourself.

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87: Just the right age to start a new venture

Comics legend Stan Lee hopes The Seekers will become a lasting franchise He's excited to be working in digital

Stan Lee

MTV is helping to bring Stan Lee's newest superhero to life.

The network is joining forces with Lee's POW Entertainment to create a new digital comic series called The Seekers.

"It involves superheroes, it involves a very high-concept plot, it's a story such as you never have seen before, and it spans the centuries," Lee said in a telephone interview from New York Comic Con, where he and MTV are set to announce the new series on Saturday.

Lee went on to say that The Seekers is "more than just a comic. It's actually the start of a tremendous franchise."

He hopes The Seekers will grow into a TV series or film.

First, though, it has to be written and illustrated. MTV will hold a contest to find an undiscovered writer and artist to work on the new comic series.

The winners will work with Lee and POW to develop the concept and create multiple issues.

The 87-year-old comics legend says he's excited to work in a digital arena.

"It's thrilling because it's a whole new discipline," he said.

"But it's a funny thing: Whether it's electronic, whether it's digital, whether it's on paper, whether it's on a television screen, it's the story that counts.

"You don't let the fact that there's a different area of exhibition change the fact that you need a great story filled with action and surprises and suspense."

The Seekers will be available for free on the new MTV Geek website that launched earlier this week.

The site will offer comics, horror, sci-fi and gaming news, as well as coverage of comic-book conventions and previews of new comic books, games and movies.

THE ASSOCIATED PRESS

TV Picks

Parenthood

Adam continues to deal with his son's Asperger's syndrome diagnosis on Parenthood. In a new episode, Kristina attends a support group and tries to persuade Adam to join her while Lauren Graham's Sarah impresses her boss (guest star William Baldwin) in her internship. (Citytv, NBC)

Live for today

Erica is knocked off-guard by a glimpse of her own mortality on the CBC's Being Erica, so she tries to learn to embrace the present. (CBC)

Lawsuit

Over on The Good Wife, Alicia and Glenn are embroiled in a fiery confrontation over a malicious prosecution lawsuit. (Global, NBC)

THE CANADIAN PRESS

Modern Family honoured for showing diversity

It was a night to celebrate, but the mood was subdued on the arrivals line at the GLSEN Respect Awards, presented by the Gay, Lesbian and Straight Education Network.

ABC's Emmy-winning sitcom Modern Family was honoured Friday night for its portrayal of a diverse America, including a family headed by a gay couple, played by actors Jesse Tyler Ferguson and Eric Stonestreet.

And yet some of the event's celeb attendees said the recent string of widely reported bully-inspired gay teen suicides is proof that acceptance still has a long way to go.

"I do have the same sort of mixed feeling, in the light of everything that's happened," noted Ferguson, who is openly gay. "However, I think an event like this echoes the sentiment that we need to change. This cannot continue happening."

"Back at my 10-year reunion, I didn't even remember any of those bullies' names. Frankly, they weren't doing nearly as good as me. So, it was very vindicating."
JESSE TYLER FERGUSON

The Emmy-nominated Ferguson, 34, said he was "very bullied" in school.

"I actually had to leave eighth grade and go to another school because it got so bad, so I certainly sympathize with these kids," he noted, adding that bullied students should keep reminding themselves that school won't last forever.

"Honestly, back at my 10-year reunion, I didn't even remember any of those bullies' names. Frankly, they weren't doing nearly as good as me. So, it was very vindicating."

Ferguson's Colombian-born co-star, Sofia Vergara, said acceptance of gays and lesbians in the Latin community "is very hard, because it's very taboo," she explained.

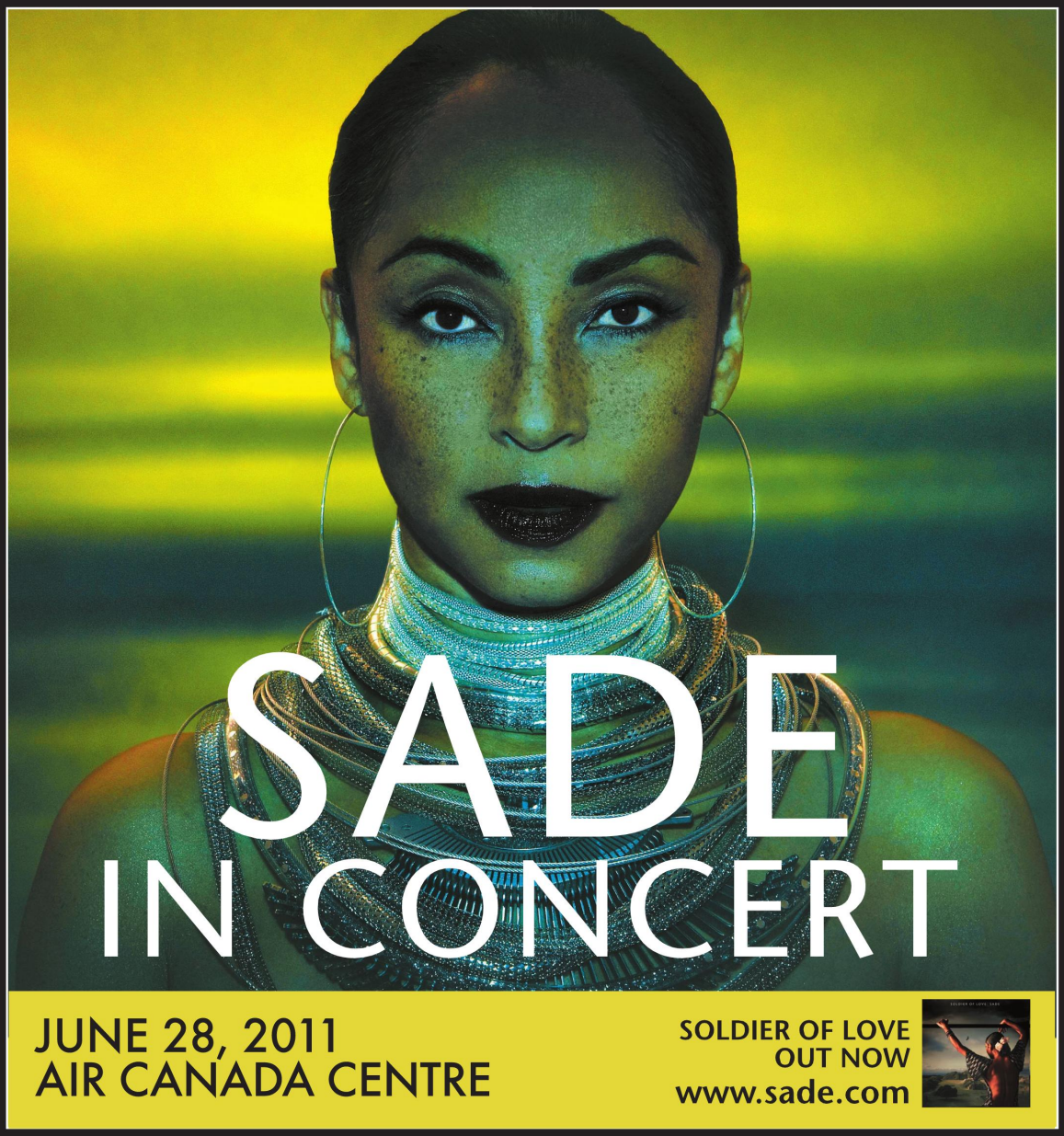
"The Latin community is a very Catholic community," continued Vergara, 38. "So, it's always a problem for people to accept it, and they live in denial for many years, the parents, and prefer not to address the problem. And that's when tragedies and things happen. And, you know, it's hard. You're not going to change things in one day."

Eric Stonestreet, left, and Jesse Tyler Ferguson in Modern Family.

Others in attendance included the event's host, director Rob Reiner, as well as actresses Chloe Sevigny, Jeanne Tripplehorn and Ginnifer Goodwin from Big Love.

Actress Florence Henderson walked the red carpet with her Dancing With the Stars partner Corky Ballas, and discussed her big gay fan base. "Well, The Brady Bunch Variety Hour was enough to seal me with the gay community forever," Henderson said, with a laugh.

THE ASSOCIATED PRESS



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Michael treated well in prison

Singer says inmates and staff were kind and he was given no special treatment ◗ Served four weeks for drug possession and driving under the influence

George Michael was released from prison in England after serving four weeks of an eight-week sentence for drug possession and driving under the influence, according to the BBC.

After one week in London's tough Pentonville Prison, the pop star was moved to a less intense jail in Suffolk.

"Believe me when I tell you that in the last three weeks there have been no tears, no anxiety, no bullying, in fact not so much as a sleepless night for me," Michael said in a statement upon his release.

"On the contrary, I have been treated with kindness by fellow inmates and prison staff alike and as far as I can tell, have received no special treatment of any kind whatsoever."

METRO

GETTY IMAGES

▶ George Michael spent four weeks in prison.

Dad against Lohan as porn queen

Lindsay Lohan still has one movie lined up after rehab, playing Deep Throat star Linda Lovelace. But her dad doesn't want her to do it.

"Why would a girl of Lindsay's caliber stoop to doing a movie about a stripper who was a porn queen who got raped by seven executives at one time and wound up dying? How dark is that?" Michael Lohan tells the Sunday Times magazine. METRO

Bieber's mom upset

After Justin Bieber was spotted locking lips with a girl last month, his mom has reportedly banned him from dating, according to Hollyscoop.

"Pattie's freaking out that she's losing control of her boy," a source says.

Of course, it doesn't help matters that the girl in question, Jasmine Villegas, was part of Bieber's opening act on his tour. METRO

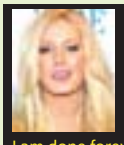
Twilight stars in LA

In between movie shoots in Louisiana, Kristen Stewart made a quick trip to Los Angeles, where she and Twilight co-star and rumored boyfriend Robert Pattinson were spotted having a cozy night out at the Thompson Hotel in Beverly Hills, according to X17. METRO

Celebrity tweets

Ashton Kutcher [@aplusk] Sharing Love & Light while in Israel. Asking 4 the energy 2 forge bonds with our similarities & find compromise in our differences.

Kanye West [@kanye west] Flight Wednesday October 13th ... Sydney to Frankfurt 22 hours ...well there's a 1 hour refuel but basically it's 22 hours all 2gther



Heidi Montag [@heidimontag] Today is the first day I have decided I am done forever wearing my nose tape! Its been long enough!

Kelly Osbourne [@MissKellyO] just went to the gym where i was told i was not allowed in unless i coverd my tattoos with flesh colored tape it was sooooo weird! METRO

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370

RYAN REMIORZ/THE CANADIAN PRESS

▶ Canada's Jamie Adjetey-Nelson celebrates after winning the men's decathlon at the 2010 Commonwealth Games in New Delhi, India.

Running right

How to properly fuel your body and get the most out of your training

CELIA MILNE
LIFE@METRONEWS.CA

What do you eat after a run? Are you kind to your muscles?

For Canada's top athletes at the Commonwealth Games, nutrition is an integral part of training. Food fuels the body, and the right nutrients at the right time boost performance. What about us regular folk?

We asked sports nutrition expert Nanci Guest what healthy, active people can do to improve their everyday nutrition. Guest knows her stuff: she was in charge of menu planning for the 2010 Olympics in Vancouver, and has worked with the Vancouver Canucks hockey team. Her pointers are: eat more protein throughout the day, and be sure you are getting lots of omega 3s and antioxidants. Runners think of fueling their bodies with carbs, and often don't pay enough attention to protein, says Guest. Eat small amounts of protein throughout the day — at all meals and snacks — because your body doesn't store it. Sources of protein include yogurt, milk, cheese, chicken, beans, eggs, tofu, and meat.

"Your body needs to repair muscles 24/7"

PORTS NUTRITION EXPERT NANCI GUEST

Eating more protein will help prevent strains and soreness, and help you recover from your workouts quicker.

"Your body needs to repair muscles 24/7," says Guest.

Soon after a workout the perfect snack is skim milk and an apple or a banana, she says. If you prefer chocolate milk, add a little chocolate yourself, as store-bought chocolate milk is loaded with sugar.

Antioxidants also help with muscle recovery. Look for colourful fruits and vegetables — red, yellow, green, purple and white.

"They each have different nutrients, so eat lots of different colours," says Guest.

Good fats are also vital because they help reduce inflammation. "When we exercise, we automatically get inflammation. It happens at the cellular level. Fish and fortified dairy products are the greatest sources of omega-3s."

Snacks

Hungry and on the run? A snack doesn't have to be a bag of potato chips and a Twinkie.

- **Why we eat it** We revert to those snacks because they're readily available.
- **Plan ahead** A little advance planning can help you avoid cravings for cake, cookies, chips and chocolate bars.
- **What to eat** Vancouver sport dietitian Nanci Guest came up with some healthier snacks you can throw in your work bag: multigrain bagels, low-fat muffins, cereal in a Ziploc bag, fruit leather, energy bars, fig Newton's, yogurt, bananas, apples, oranges, peanut butter and crackers, popcorn, raisins, carrots, unsalted nuts, trail mix, and cheese strings.
- **Why they're good** These foods contain more nutrient-dense calories than the junk.

CELIA MILNE

3 life

Flu shots

The National Advisory Committee on Immunization recommends that all Canadians over six months old be immunized against seasonal influenza, but stresses that the following high-risk groups should be vaccinated. Among them are: Adults and children with chronic health conditions, healthy pregnant women, members of a household expecting a newborn during flu season.

THE CANADIAN PRESS

Canadian moms most likely to upload child's prenatal sonogram online: AVG report

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Many of us know someone who has been or have personally been affected in some way by gynecologic cancer. While research is uncovering more options for cancer detection and treatment, it is prevention that will make the most impact on our gynecologic health. Learn how to safeguard your health and be proactive about gynecologic cancer prevention in an interactive forum with Dr. Joan Murphy, Gynecologic Oncologist and J. Douglas Crashley Chair in Gynecologic Cancer research at the University Health Network.

Learn what you can do now to safeguard your health in the future

When: Tuesday, October 19th, 6:00-8:00 P.M
Where: Women's College Hospital
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Fighting the lazy bug

It's so easy being a couch potato... but if you let yourself slip too far, you may get closer to becoming one than you think.

ROMINA McGUINNESS
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▶ Put down the remote and hit the track.

We live in a society obsessed with not just looking good but looking great, being not just slim, but sample size skinny, and where Botox injections are becoming as commonplace as moisturising cream.

Even men are regulars in tanning and waxing salons.

If this is so, then why are so many people out there still not looking after their health as they should?

Is it down to lack of time, stress or are they just downright lazy?

Why are so many people lazy when it comes to diet and exercise?

According to personal trainer Tracy Anderson, who has trained Hollywood's elite including Gwyneth Paltrow and Madonna, most of us are after a quick fix solution when it comes to improving our lifestyle.

"People can become lazy after having been sold a false promise," she says. "If you go out and buy an exercise DVD that promises to make you lose 'X' amount in one week, and nothing happens, then you will be reluctant to do it again. The result is that these small failures make them lose faith in their ability to either lose weight or become fitter. People are not always lazy for no reason, they could just be discouraged."

You're so vain ... the triggers

We are all unique, inspired by different things, meaning some people will only commit to exercise if they feel part of something important.

"Competition, music, vanity and circumstances like breaking up with your partner or changing jobs are all things that can trigger someone's motivation," explains Anderson, who witnesses this sort of resistance daily.

Get up!

Anderson's killer move to get you started

All 4's knee tuck extend to arabesque: Kneel on hands and knees, working leg tucks into chest with knee off the floor, then extends to a straight leg behind the body with toe turned toward side and leg it turned out rotated from hip

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Doctor formulated, all-natural product has changed the lives of people throughout North America. Dr. Michael Ho announced, he is giving 50% off to all readers of the Metro Newspaper. Post Thanksgiving Special, each customer is limited to 5 Detox Kits.

Spring is here! Lose weight and get healthy: This week only. Get doctor formulated detox system for 50% off.

Stephanie Charron
Health & Lifestyle

If you're like me, food is my best and worst friend. It's always there to comfort me and bring a smile to my face, but it's also the root of my unhappiness. When I look in the mirror or when my shirt / pant buttons scream for their life, I'm reminded about how I can't control my cravings and appetite. I have struggled with my weight and have tried everything. However, after a visit to the doctor, I have a completely new understanding of my body's ability to lose weight. Years of dieting have affected my ability to lose weight, but after consulting with Dr. Michael Ho, I have lost weight, regained the energy and I feel like a happy, healthy 34 yr old. "The reason most people can't lose weight is because of their hormonal imbalance caused by chemicals in foods, stress and a poor digestive system - preventing daily elimination." says Dr. Michael Ho.

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Dr. Michael Ho is a doctor with over 20 years of clinical experience, specializing in drug-free treatments for Canadians. He has studied and worked in countries throughout the world and has devoted his life to Health and Medicine. Dr. Ho has been recognized for his ability to Identify and correct the cause of the problem, providing long term solutions for his patients. He states, "One of the most vital health factors is our digestion. Irregularity causes toxic build up, which can lead to bloating, constipation, fatigue, hormonal imbalance and weight gain."

After extensive research and testing, Dr. Ho developed a natural detoxifying supplement for his patients. "This product is 100% natural and is comprised of vegetarian capsules, fibre and tea."

Patients experience tremendous results and detox has become one of the most recommended therapies to help improve digestion, reduce bloating and improve ability to lose weight. A clean digestive system is essential to increase your fat burning metabolism and strengthen your immune system.

Digestive problems can affect both your weight and health. Until the colon is cleansed and the toxins removed, nutrients will not properly absorb, and your poor digestion can cause constipation, gas, bloating, IBS, headaches and weight gain.

If you want to lose weight and get healthy, you need to cleanse your system of all the processed and synthetic foods, greasy foods and chemically treated meats that can be making you sick and fat. Dr.Ho's Detox helps remove build up, toxins and chemicals to increase your metabolism and help restore your health and weight.

DR-HO'S Detox also meets the strict requirements for safety and effectiveness and is made with the highest quality ingredients found in North America. DR-HO'S Detox will not cause diarrhea, cramping or fatigue and is recommended by doctors for anyone looking to lose weight and improve their digestive and overall health. "My patients lose weight, their hair & skin look healthier, they sleep better and have better energy because DR-HO'S Detox allows them to properly absorb the nutrients and eliminate the toxins and waste." declares Dr. John Fujimigari.

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Life Changing Stories

"This is the best thing that's happened to me in 15 years for my health"

Hi it's now been 1½ months since I started the Digestive Detox. To me it's like this product saved my life. I'm 51 years old. For about 15 years of that, I never new what a normal bowel movement was. I would go to the doctor and specialists for everything you can imagine. I have fibromyalgia, but for years I have complained about constipation. It was a normal thing to not go for 2 weeks at a time. They gave me prescriptions and nothing changed. Then for 3 years I would tell my doctor that I had so much pain and tell them the same story over and over that passing a bowel movement was like having a baby! It was hard as rock and would make me cry from the pain. My friends and family would make fun of me and ask me when I was having my baby because my stomach was so huge! My doctor always only said it was from the fibromyalgia. I was watching TV and thought yes this Dr. Ho is saying exactly what I thought. Now after being on the Digestive Detox I go 2 times a day! I also changed my diet to more natural good foods. My stomach now is gone! This is the best thing that's happened to me in 15 years for my health.

- Joan F.

Audrey K

"I've had constipation all my life and Type 2 Diabetes for 10 years. I have lost 35 pounds of fat off my body. I look better, feel better and take no more meds."

- Audrey K.

"The Detox System is very easy to use and I noticed results fast! I have a problem with eating unhealthy foods, especially late at night. But with DR-HO'S Detox, I know I'm eliminating the fat and grease before it can absorb into my body.

- Vincent H.

"I have IBS, gas and bloating. Since taking the DR-HO'S Detox System, I feel so much better! My bowel movements are regular, I feel energetic! It's so simple to follow. I'm sleeping very well, that tea is the most relaxing tea - it's wonderful! And within 2 weeks, I've lost 6 lbs without doing anything different."

- Jane A.

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Health check: Fingernails

Your nails are a barometer of your health. Nutritionist Michele Kingston says to watch out for the following health warnings:

1 Dry and brittle nails: Could be indicative of an essential fatty acid deficiency. Increase your intake by adding a tablespoon of flaxseed oil to your salads every day and eating two to three portions of oily fish such as salmon, sardines or herring each week.

2 Soft and peeling: Peeling nails can be a sign of calcium deficiency — but don't reach for the cheese! The most absorbable form of calcium is from dark green leafy vegetables.

3 Vertical ridge: Indicate general nutrient deficiencies, so cut out alcohol and smoking, which deplete your body of essential vitamins and minerals and eat lots of fruit, vegetables and whole grains.

4 Horizontal ridges: Indicate an under active thyroid so increase selenium, zinc and iodine in your diet

5 White spots: If you have several white marks on your nails you are possibly lacking in zinc so make sure include lots of nuts, seeds, seafood, lentils and brown rice in your diet.

Thoughts on... Thriving

Dare to live your dreams

ADVICE All the elements for your success are already within you, so you are already equipped to thrive.

Don't hesitate, don't over think, don't play it safe. Take a leap of faith and commit fully to what you really want to manifest and in the process you will find yourself thriving in new and magnificent ways.

In life, a time will come when you need to push beyond the limits of what is familiar, the norm, predictable, safe and completely surrender to your dreams in order to succeed.

The path to success, in whatever form you wish to create it, requires a blend of faith, commitment, discipline and consistency which help you to thrive to new heights.

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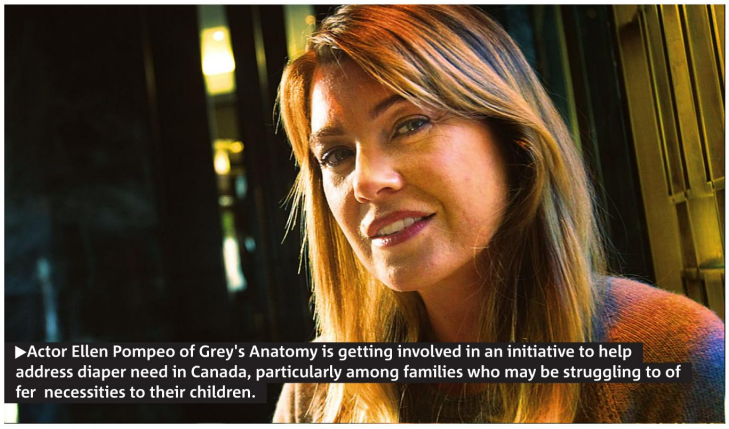
No bottoms left behind in Canada

- Ellen Pompeo lending support to diaper drive to aid families in need
- Plight finds parents forced to choose between child care and nappies

NATHAN DENETTE/THE CANADIAN PRESS



▶Actor Ellen Pompeo of Grey's Anatomy is getting involved in an initiative to help address diaper need in Canada, particularly among families who may be struggling to of fer necessities to their children.

In her adult life, actress Ellen Pompeo has lent her name to various social causes but she's the first to admit it was a bit of a different story during her childhood.

"Success has come to me later in life, and it's given me a great deal of perspective," she said. "And to those of us who have been given a lot, a lot is expected."

The Grey's Anatomy star is hoping to encourage fans of her hit TV medical drama and others to join her in a campaign that highlights a need among struggling families with babies.

Pompeo is ambassador of the Every Little Bottom program, spearheaded by Kimberly-Clark, the maker of Huggies and Girl Guides Canada is also on board.

In June, the company announced plans to give away millions of diapers across Canada to families, while raising awareness about the plight of parents who find it difficult to provide nappies for their little ones.

THE CANADIAN PRESS

The campaign

How it's changing the way people spend money

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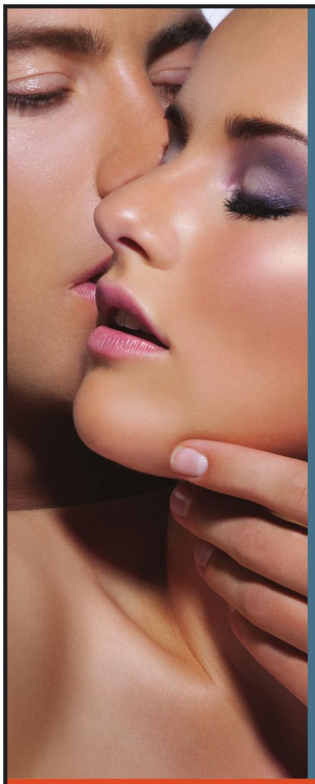

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A healthy cheesecake?

Feeling guilty after that expansive meal you indulged in over the Thanksgiving weekend? Here's a healthy choice to get back on track

A love of cheesecake is easily soured when you look at what goes into it. However, there is such a thing as a healthier cheesecake. Check this out:

Cafe Mocha Cheesecake

Preparation:

1. Heat oven to 150 C 300 F. Coat a 23-cm (9-inch) springform pan with cooking spray.

2. With a rolling pin or the bottom of a heavy skillet, crush cookies into fine crumbs. In a small bowl, stir together cookie crumbs with 15 ml (1 tbsp) of the sugar. Pour mixture into prepared pan and tilt to coat the bottom and sides.

3. In a small bowl, dissolve espresso powder in liqueur and set aside. Place cottage cheese in a double layer of cheesecloth and gather the corners at the top. Squeeze out as much liquid as possible.

4. Place drained cottage cheese in a food processor and process until smooth, about 2 minutes. Add sour cream, cream cheese, flour, eggs, egg whites, cocoa, cinnamon, salt and remaining 300 ml (1 1/4 cups) sugar and dissolved espresso powder. Process until smooth.

Ingredients :

- 6 chocolate wafer cookies
- 15 ml (1 tbsp) plus 300 ml (1 1/4 cups) sugar
- 30 ml (2 tbsp) instant espresso powder
- 37 ml (2 1/2 tbsp) coffee liqueur or water
- 500 ml (2 cups) non-fat cottage cheese
- 325 ml (1 1/3 cups) reduced-fat sour cream
- 340 g (3/4 lb) reduced-fat cream cheese
- 90 ml (6 tbsp) flour
- 2 large eggs
- 2 large egg whites
- 30 ml (2 tbsp) unsweetened cocoa powder
- 1 ml (1/4 tsp) cinnamon
- 1 ml (1/4 tsp) salt

5. Pour batter into prepared pan. Bake for 50 to 60 minutes or until the edges are set 2.5 cm (1 inch) from the sides but the centre of the cake is still a bit wobbly. Turn off oven and leave cheesecake for 30 minutes longer to continue cooking.

6. Set cheesecake on a wire rack to cool completely, about 1 hour. Refrigerate for at least 4 hours before removing from the pan and serving. Just before serving, sprinkle lightly with cocoa powder. Make 16 servings.

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▶ Cafe Mocha Cheesecake.

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Wine pairings galore with Gallo

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

When you're in my line of work meeting wine industry celebrities is par for the course. And while it may be the congenial nature of the business, I've found that almost all are gracious and accommodating especially when you get them one on one.

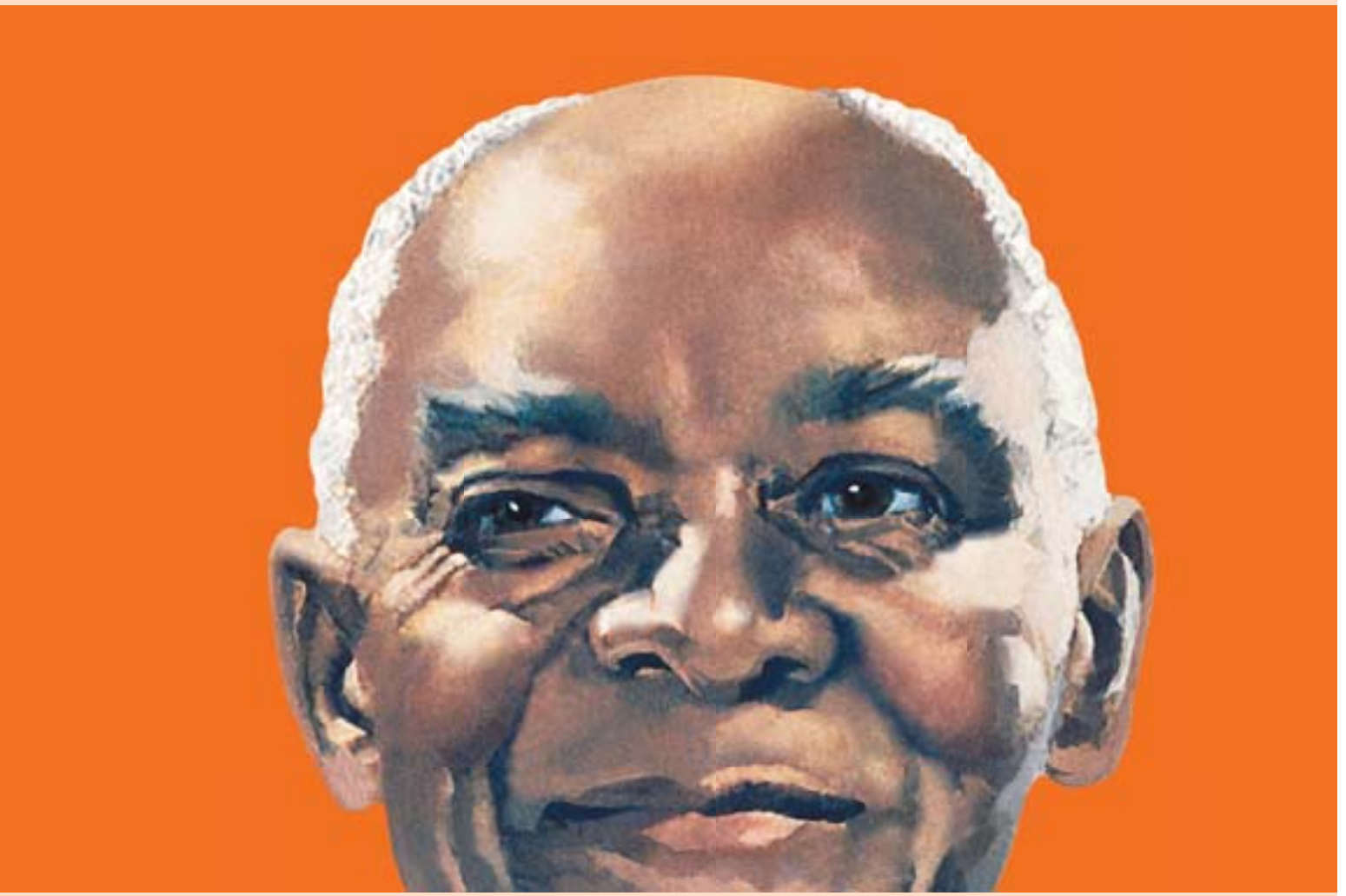
Gina Gallo certainly proved my point when I had lunch with her in Halifax last week. In town for the Port of Wines Festival the granddaughter of Julio Gallo and the public face of the Californian wine giant that is E & J Gallo Wines was happy to share stories of her family's decades in the wine industry and her love of chardonnay.

A respected winemaker in her own right, Gallo feels the next big thing in white wine is a rediscovery of the versatility of chardonnay. On the red side she thinks the drinkability of pinot noir will finally gain the grape the mainstream audience it deserves.

With such a huge portfolio the availability of Gallo wines across the country varies dramatically. The Gallo Family Vineyards line offers killer value with the 2007 California Pinot Grigio ($7.95 - $11.29) a crisp, refreshing, fish-friendly white with a light tropical vibe of peach, grapefruit and lime.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



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Banana bread, coffee cake together at last

These muffins are made entirely in the food processor, call for no unusual ingredients, come together in about 10 minutes, bake in just about 20 minutes, and have a flavour that will make you want to eat until your stomach hurts.

To take these even more over the top, you could drizzle them with caramel sauce just before serving and/or add white chocolate chips to the batter before baking.

Ingredients :

Streusel Topping
- 125 ml (1/2 cup) all-purpose flour
- 60 ml (4 tbsp) butter, cut into small pieces and softened
- 125 ml (1/2 cup) brown sugar
- 2 ml (1/2 tsp) cinnamon

Muffins
- 175 ml (3/4 cup) sour cream
- 2 bananas
- 5 ml (1 tsp) cinnamon
- 1 ml (1/4 tsp) ground ginger
- 5 ml (1 tsp) salt
- 5 ml (1 tsp) vanilla extract
- 1 large egg
- 175 ml (3/4 cup) brown sugar
- 625 ml (2 1/2 cups) all-purpose flour
- 7 ml (1 1/2 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- 60 ml (4 tbsp) butter, cut into small pieces and softened

Quick Banana Coffee Cake Streusel Muffins
Preparation:

1. Heat oven to 180 C (350 F). Coat a 12-cup muffin pan with baking spray or line it with paper muffin cups.

2. Streusel: In a food processor, combine flour, butter, brown sugar and cinnamon. Process for 15 seconds or until well blended and mixture resembles slightly clumpy wet sand. Transfer to a bowl and set aside

3. Muffins: In the food processor, combine sour cream and bananas. Process until smooth. Add cinnamon, ginger, salt, vanilla, egg and brown sugar. Process again until smooth. Add flour, baking powder, baking soda and butter. Pulse only until combined. Add 1/4 of the streusel mixture and pulse the processor two to three times.

4. Scoop a generous 50 ml (1/4 cup) of batter into each muffin cup. Top each with a heaping spoonful of streusel topping, pressing it lightly into the top of the batter. Bake for 18 minutes or until a toothpick inserted at the centre of a muffin comes out clean. Let cool in pan for 5 minutes. Makes 12 muffins.

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Couples make commuter marriages work

During the week, Joseph Hausmann leads a fairly typical single guy's life.

The 32-year-old engineer lives in a small, rented apartment above a garage, relying heavily on microwavable dinners and an exercise regime that fends off his less than stellar diet.

But Hausmann isn't a typical single guy. On Fridays , he piles into his car and makes the four- to five-hour trip to Newark, Del., back to his house, wife and life as he used to know it before taking a job near Hartford, Conn., in February.

"I liken my experience to going back to college and living in a dorm room," said Hausmann, who started commuting long distance after being laid off, and a subsequent job search that reaped no leads closer to home. It's a situation that, while becoming oddly routine, is hardly ideal for Hausmann and his wife, Jennifer Adams, who continues to work and live in their house, which has been on the market, garnering very little interest.

The difficult job market has given rise in recent years to the number of people in commuter marriages, where couples live in different cities, states or even countries to make ends meet while trying to weather the economic storm.

"I see it all the time," said Nancy Fagan, a San Diego marriage counsellor and divorce mediator who herself lives thousands of kilometres from her husband in Boston.

THE ASSOCIATED PRESS

living apart

According to 2006 U.S. census data, the most recent available, about 3.6 million married individuals lived apart, not including people who were separated.

FORMER 'FRENEMIES' FIND LOVE IN UNEXPECTED PLACE

How We Met: Scott & Ashleigh

Names: Scott, 28, and Ashleigh, 29

Hometown: Surrey, B.C.

Together since: 2005

Their story:

▶ Heartbreak led to love for Ashleigh and Scott.

"Scott and I (Ashleigh) were actually frenemies for years

"He saw me as a tomboy; I thought he was overly opinionated. But one time, I was heartbroken over a horrible relationship, so I decided to throw a party and find a date to take — I asked Scott. I got all decked out, and when Scott saw me, my friend had to pick his jaw up from the floor. That night, my former frenemy was a real sweetheart, and we've been together ever since.

"We have three cats, a dog and are just about to buy a house. We are so excited for the future. The moral of our story: You just might find your knight in shining armour — or princess — in an unexpected place!."

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HOME-BUYING NO-NO'S

There are many attractive incentives for current home buyers , plus, many Canadian markets are flush with selection resulting in a buyer's market. But, don't let home buying hype push you to overbuy and derail your long-term financial goals.

Buying a home is a huge financial commitment, and the total costs of home ownership go well beyond the mortgage payment. You'll be on the hook for utility bills, taxes, maintenance, repairs, condo fees, and much more. These extra expenses can be more than your mortgage payment! Before you start searching for property, figure out what you can afford. Consider:

- You'll need a down payment. Nowadays, financial institutions will accept less then 10 per cent for a down payment. But, you'll pay a hefty premium for highly insured mortgages (less than 20% down payment), through CMHC fees.
- Draw up a budget. List your normal monthly income and expenditures, then figure out how home ownership will affect your budget.
- Calculate how much you can afford each month. You can go online and use a mortgage calculator from any of the big banks.

Never ending money worries?

Alison's Money Rule: When it comes to money, the pursuit isn't always enough You need a reason

Poor, sad, rich folk. No, not an oxymoron. A Royal Bank of Canada commissioned study found that less than half (49 per cent) of Canada's millionaires feel they have grown happier as they have accumulated more wealth.

The bank attributes this sorry state of affairs to the fact that having more money creates more complexity and more problems in one's life. The worries include managing investments, planning for retirement and succession planning.

Frankly, I doubt this reasoning. I'm sorry, but I think there's a lot more stress associated with living paycheque to paycheque, as 60 per cent of Canadian report of themselves. And what about having to go into debt to get braces for your kids, never mind education down the road or, gasp, retirement?

▶ The key to happiness is not necessarily money.

I'm not saying that people with money don't have problems, they do. But I think there's a different issue at work.

Many people are successful at setting a goal — say a net worth of $1 million — and then striving mightily to reach it. But when they've arrived, it doesn't seem adequate so they move the goal posts to, say, $2 million.

This moving of the goal post is what creates unhappiness, because there's never the satisfaction of completing a job, only the continuing pursuit. Some thrive in the pursuit but most don't.

One solution is to couple a financial goal with a specific reason. The question then is, Why Do You Want a Thousand, Ten Thousand or a Million Dollars? If you don't have an answer you probably won't be satisfied when you reach that magic number.

On the other hand, if your target is a cottage, your own business, early retirement, a second shot at education or perhaps the ability to help a disabled family member, then you're more likely to be satisfied in the end

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For a complete list of the organizations we support or to apply for a grant, visit rbc.com/childrensmentalhealth

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How to be a better boss

New book says the best bosses are skilled at helping staff turn knowledge into action

MARIE-FRANCE PERREL
LIFE@METRONEWS.CA

Robert Sutton, Ph.D., doesn't believe a leader should be feared rather than loved. On the contrary, he thinks the boss who gets the most results (and a happy workforce) is a leader that employees can talk to and rely on.

"Good bosses master the art of being just assertive enough; they can set goals that are just challenging enough and know what it takes to convince their people they are competent and in charge — but aren't overbearing jerks," says Sutton, who set out these traits in the new book, Good Boss, Bad Boss: How to Be the Best ... and Learn from the Worst.

"They can have difficult conversations with people about things like poor performance without damaging their employees' motivation and commitment."

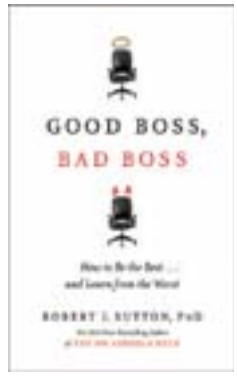
Good bosses are skilled at using the kind of language, emotion, goals and incentives that encourage their people to turn knowledge into action."

However, Sutton points out that a good workplace isn't completely due to the boss; rather, the employer and employee relationship demands an effort on both sides. For employees to draw out the best in their bosses, they can simply ask how they can help.

"It not only demonstrates and enhances empathy, it often generates information that enables all parties to succeed." Why is it so significant for a boss to be good?

"There's one Scandinavian study that shows that when you are working for a bad boss, your chances of a heart attack are about doubled," he says.

Sounds like it's not only important, but also vital.



tough times

Bad economy, bad boss

"When people are overloaded and sleep deprived, none of us can be at our best," says Sutton when asked if it's harder to be a good boss in this tough economy. "A lot of bosses are in that condition, and the people they lead are in that condition. I think it's pretty tough."

"Bosses who understand what it feels like to work for them — not just in general, but in the moment — have a huge advantage."
ROBERT SUTTON

Give career, life a boost

In Monday Morning Mentoring: Ten Lessons to Guide You Up the Ladder, David Cottrell presented the top 10 musts for quality leadership and management.

Now, Cottrell returns with Tuesday Morning Coaching: Eight Simple Truths to Boost Your Career and Your Life, a self-help book on how to make a positive change in all areas of your life.

Have a "no matter what" attitude: "The economy does not have power over where you focus. It doesn't dictate your next move," he says. Successful people are the ones who will move forward and won't procrastinate

... and then some: Always think of giving "a little something extra," says Cottrell. "It doesn't only apply to people that work directly with customers, it applies to everyone."

"Consider it done": These three words show commitment and responsibility.

Above all else: "You must understand what the most important, non-negotiable things in your job and your life really are," Cottrell advises.

"From now on": When these words come out of your mouth, "You're really saying, 'Change now!'"

See it, feel it, trust it, do it: "The most difficult thing is understanding what you want ... but it's also the most important thing."

Knowledge is power: "The key to success is to keep learning and increasing your knowledge."

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Accountants send Do More message

Website encourages students to consider careers in accounting, finance CGA designation opens doors for young people Those interested may qualify for scholarships and prizes

The Certified General Accountants of Ontario has launched its Do More recruitment website in an effort to reach out to post-secondary school students who are considering a career in accounting and finance.

The objective of this interactive website, developed by GRIP Limited, is to deliver a Do More message that the CGA designation enables people with the opportunity to do more with their careers and within the organizations that they work for. It features unscripted testimonials from students in the CGA program of professional studies defining the benefits of becoming a certified general accountant and all that the designation brings to their life, career and profession.

With $41,840 worth of giveaway prizes, the new website offers monthly prizes of $2,500 scholarships, three Do More credits valued at $660 each and two additional credits of $375, for a period of eight months, for the CGA program of professional studies. The more visitors participate, the more chances they have to win..

"We are very excited to present this website to students in response to their need for more information about the CGA designation and why it could be the right choice for them," said Delmarie Scherloski, vice-president, marketing and communications, CGA Ontario.

"The content speaks to what a certified general accountant does, the benefits of earning the CGA designation, and how to enrol in the program of studies.

"If you want a rewarding career in accounting that goes beyond audit and tax, the CGA designation can take you there."

Students interested in the CGA designation can use this information to help them make critical career decisions.

They can also learn how to enrol in the CGA program of professional studies and browse an online job board featuring entry level accounting and finance positions.

NEWS CANADA

The Do More recruitment was set up in order to reach out to post-secondary school students who are considering a career in accounting and finance.

More details

To get more information and enter the contest visit the The Certified General Accountants of Ontario recruitment website at wcga-domore.org

News in brief

New business centre opens at McMaster

BUSINESS McMaster University celebrated the grand opening of the DeGroote School of Business Ron Joyce Centre in Burlington, Ont., last week.

The new facility will house the university's MBA and executive education programs and is named after the Tim Hortons co-founder in honour of a $10-million gift to McMaster.

The Ron Joyce Centre is a four-storey, building featuring state-of-the-art classrooms and meeting spaces METRO

Lakeland draws 25% more students

STUDENTS Lakeland College's fall semester first-year enrolment has increased by 25 per cent this year.

The Alberta college credits enhanced programming, satisfied students and alumni who tell others about their college experience, and innovative marketing and recruitment practices with the change METRO

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York, Lakehead respond to reports of lobbying efforts

In response to reports on the use of lobbyists by some Ontario universities, Lakehead University stated last week it has never used government grants, tuition fees, or donor funds for external counsel in building relationships with governments.

While it has saved time and money using outside assistance, Lakehead stated it will fully comply with any future legislation governing the use of lobbyists by public agencies.

York University released a statement clarifying publicized figures on work done on its behalf by contracted agencies, which "were presented without context, timeline or accuracy with regard to the nature of the projects."

Any service contract York enters into with external firms, the university stated, "is done so with efficiency and effective return on investment in mind," according to the statement.

METRO

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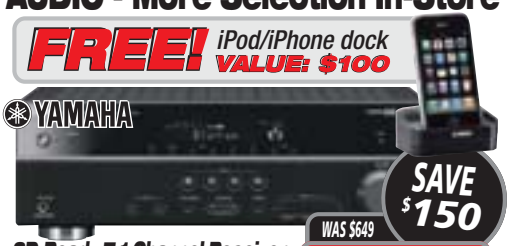

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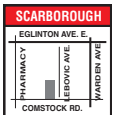

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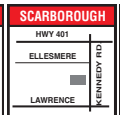

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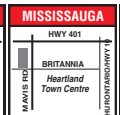

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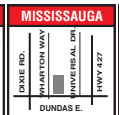

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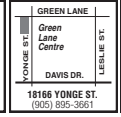

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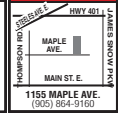

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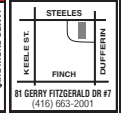

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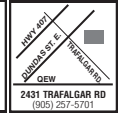

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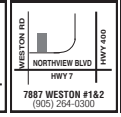

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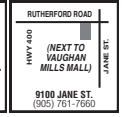

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Helping new Canadians pay for school

RBC scholarships target financial aid to students of families who've recently moved to Canada Program aims to help children of immigrants be a strong part of Canada's future

RAF BRUSILOW
FOR METRO CANADA

RBC/SUBMITTED

▶ 2010 RBC Royal Bank Scholarship for New Canadians recipient Malithi Fernando (centre) receives her $3,500 scholarship. Her family came to Canada from Sri Lanka in 1999.

Helping new Canadians get a Canadian education is a recipe for success not only for the people who come here, but for the country as well.

That understanding was the key behind the creation of the RBC Royal Bank Scholarship for New Canadians in 2007, 12 awards valued at $3,500 each awarded yearly to outstanding students whose families have come to Canada within the last 10 years.

Camon Mak, director of multicultural markets at RBC Royal Bank, says the scholarship was created in 2007 out of recognition for the particular financial demands often placed on new Canadians.

"One of the reasons we designed this scholarship is that a lot of newcomers to Canada find very specific challenges around cost. Parents know that a Canadian education is one of the best in the world and they try to find ways to make ends meet — a scholarship like this really helps," Mak said.

With immigration being Canada's largest source of population growth, Mak says support systems that help new Canadians succeed are crucial.

"The future of Canada is going to be coming from immigration so you have to ensure that the success of newcomers is deeply embedded in this country. You want them to be financially successful, because they're going to be everything that will define Canada going forward," Mak said.

The next deadline for applications is Feb. 1, 2011. For more information on the RBC Royal Bank Scholarships for New Canadians and others, visit rbcroyalbank.com/scholarships.

A new Canadian's story

When 2010 recipient Malithi Fernando, 18, moved to Canada from Sri Lanka with her family in 1999, she left behind the comfort of a large, extended family for a new life in Calgary. Today she studies engineering at the University of Calgary in large part because of the financial help the RBC Royal Bank Scholarship for New Canadians.

"When the financial burden is lifted there's so much more you can do that you wouldn't be able to do otherwise. My academics remain one of my greatest priorities and the financial help enhances my entire life," she said. RAF BRUSILOW

Get Smart

JACQUELINE HANSEN
FOR METRO TORONTO

GETTING THE PAPER TO PROVE IT

Ontario's Ministry of Training, Colleges and Universities (MTCU) defines a first generation student as someone who is the first in their families to undertake post-secondary education.

"I've always wondered how much further I could go if I had a degree." Linda Thomson began her post-secondary education with enthusiasm, but was lured away by the prospect of paid work.

She is a Student Services Coordinator at Seneca College's Seneca@York campus, but says she thinks the path to her position took much longer than it would have if she had post-secondary education.

Now she is determined to encourage her two sons to pursue further study after high school.

"My parents did not push education," Thomson explains, "for my kids that's what it's all about." If Thomson's sons attend college or university, they will be considered first generation students.

Ontario's Ministry of Training, Colleges and Universities (MTCU) defines a first generation student as someone who is the first in their families to undertake post-secondary education.

With post-secondary education becoming increasingly valued and necessary, the number of first generation students is rising.

According to MTCU, people with a post-secondary education earn higher incomes, maintain overall better health and encounter better opportunities.

By 2013, more than 70 per cent of all new jobs, including entry-level positions, will require some post-secondary education or skills training.

Thomson compares the standards of her generation to today's, who require a college diploma or university degree in order to be considered for a position.

"When I was in school, you only required a high school diploma to get a good job," Thomson says.

"Now it doesn't matter how street smart you are unless you have the paper to prove it."

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System savvy

Genevieve Maltais, 23, is a fourth-year student of forensic anthropology at U of T Mississauga and says the best thing about using the GPS and GIS system is that it makes scoping out a crime scene feel much more immersive.

"GPS is a really efficient tool you can use to map where you are and track down important objects in your crime scene."

UNIVERSITY OF TORONTO MISSISSAUGA/SUBMITTED

▶ U of T student Genevieve Maltais with her team in tyvek getting ready to excavate.

U of T Mississauga-developed program puts students in charge of data collection GPS helps students map out crime scenes digitally

RAF BRUSILOW
FOR METRO TORONTO

An innovative approach to teaching forensics at the University of Toronto Mississauga proves that GPS isn't just useful for finding the nearest gas station — it can actually help solve crimes.

The teaching approach developed at U of T Mississauga by forensic science program director Tracy Rogers and GIS/data librarian Andrew Nicholson uses global positioning system (GPS) and geographical information system (GIS) techniques and devices to let students map out and spatially piece together crime scene clues for analysis.

The system digitizes all the data and combined with photographs can even allow users to create a 3-D reconstruction of a crime scene.

Rogers says the idea of using GPS-style technology in teaching forensics is a natural fit because similar mapping is already commonplace in archaeology.

She says students enjoy the work and feel a lot more involved than in traditional forensics teaching methods where data collection takes a back seat to analysis.

"It's one of the most exciting things for students because they ... take ownership of the scene."
TRACEY ROGERS

"It's one of the most exciting things for students because they have to find locations themselves, they take ownership of the scene and by the time they've collection all the info they're quite invested in the crime scene.

Nicholson says the technique can actually help forensic investigation by letting students combine GPS and GIS data with things like photos and scanned maps to make the learning process far less abstract.

"Students use a GPS survey instrument to record the positioning of things like clothing and footprints, then they take that data and map it.

"They're taking what they've seen in the real world and digitizing it so they can better analyse the particular position and distance between things," Nicholson said.

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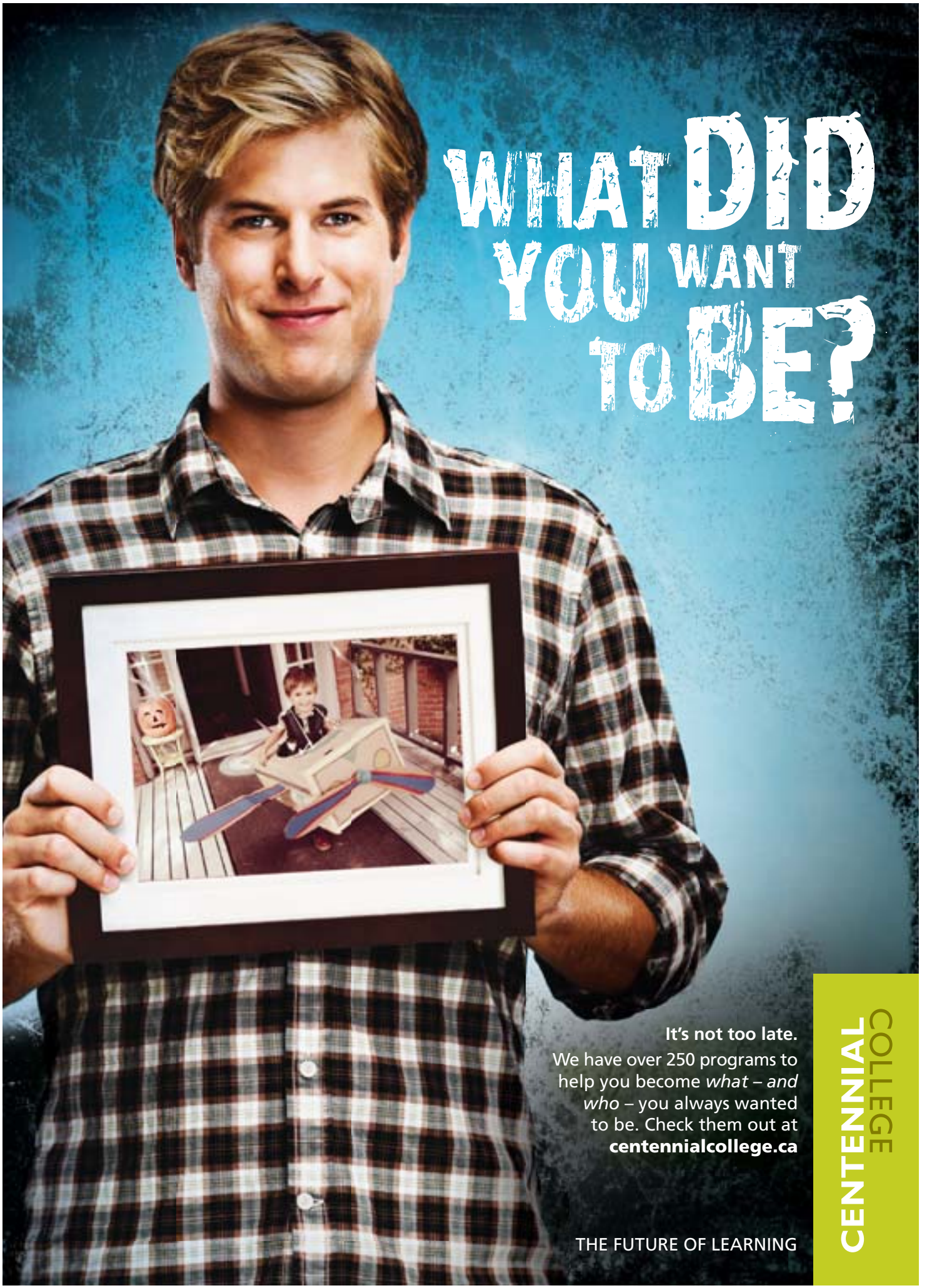
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Moving the soul through music

Culture and social connection give meaning to the sounds we hear ◆ Musical hights similar to rush of sex

RAF BRUSILOW
FOR METRO TORONTO

If you've always wondered why music sometimes gives you chills, author and professor Jeanette Bicknell has some compelling answers in her new book, Why Music Moves Us.

Bicknell, a philosophy of music professor at the Ontario College of Art & Design, spent years researching the social, neurological and philosophical underpinnings of what it is exactly in music that can give people a real, physical reaction to the music they enjoy.

What she found was a multitude of reasons, pinned together with a common social context that proves much of music's power is created by the individual listeners themselves.

"Part of what makes an experience of music moving is the meaning placed on it by our culture.

"People find meaning in music partly based on things that are important to them — it's not like a pill you can take or something mechanical you can just plug in an expect it to work the same every time," Bicknell said.

Amongst some of the more interesting findings of Bicknell's research was the fact that pleasurable experiences of music register in the brain in ways similar to drug highs or sex.

SUBMITTED

▶ (Top) OCAD professor and author Janette Bicknell (Right) Bicknell's book, Why Music Moves Us.

Scientists believe that particularly strong experiences of music can make people release the social bonding hormone oxytocin, which is usually release by humans during orgasm and specifically by women during things like childbirth.

Making a connection

Jeanette Bicknell found a lot of variety in the types of music people reported as being moving — it turns out Beethoven and Mozart aren't the only ones who know how to tug at the heartstrings.

"Whatever kind of music, there's somebody out there who has found an example of it that's extremely moving. What I found surprising was how often people made a connection with the composer or performer — even listening to music by yourself is a social act," she said.

RAF BRUSILOW

Ryerson launches new labour centre

The brainchild of prominent union leader Buzz Hargrove, the Centre for Labour Management Relations is the first of its kind in Canada funded by labour and management

LEYLA EMORY
FOR METRO TORONTO

Operating out of the Ted Rogers School of Management at Ryerson University, the Centre for Labour Management aims at dispute avoidance rather than just resolution.

"There's a lot of people talking about dispute resolution," says Buzz Hargrove, co-director of the centre along with Maurice Mazerolle, professor of labour relations at the school.

"But nobody has spent any time on saying, well how do you avoid disputes as oppose to trying to resolve them. They're much more difficult once they've started."

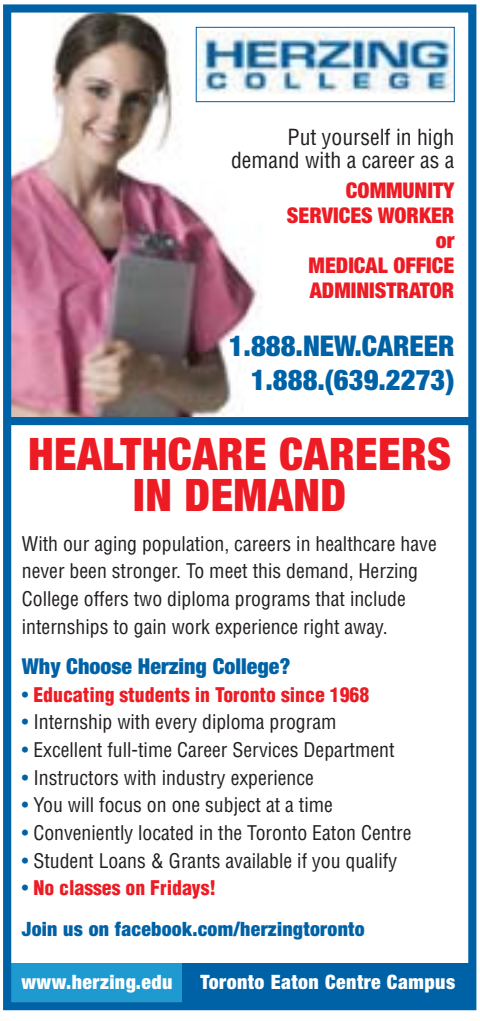
The CLMR will act as research centre where contentious work issues will be identified, researched, and analyzed in an attempt to assist all aspects of workplace conflict. Meanwhile Ryerson students will also reap the benefits. "The very fact that we exist is a bonus," says Mazerolle. "We're hoping that through our partnering with organizations, we'll have executives from labour and management and government on campus and available, be it speaking to a class, judging case competitions, or just providing advice on whatever students feel they need advice on."

Making it work

Buzz Hargrove on how he hopes the CLMR will benefit students:

"(Ryerson) students will not only get an academic degree, by virtue of having exposure to the corporate world and the union world, they'll have a lot of practical experience as well. They'll be going in to business and participating in bargaining from a managements standpoint; going into union, participating from a union standpoint; going into grievous arbitration hearings, both from union and management standpoint; attending management meeting, shareholders meeting, union conventions, union conferences, labour council meetings. So it will have a more practical bent to it then what we're getting today. We have a lot of great academic degrees out there from different universities but students don't get the same practical experience that allows them to go into the workplace and contribute upfront to dispute avoidance. That's what we're hoping to do. To kind of close that gap."

LEYLA EMORY



4 sports

Rays aim to complete comeback

Rays manager Joe Maddon spoke matter-of-factly, assessing Tampa Bay's chances of completing an improbable comeback against the Texas Rangers in the opening round of the AL playoffs.

Down 2-0 after losing the first two games of the series at home, the AL East champions rebounded to win the next two on the road and force a deciding Game 5 tonight at Tropicana Field.

Post-season ace-for-hire Cliff Lee will start for Texas, hoping to finish what he started with a dominating performance in Game 1.

RANGERS RAYS

▶ **Time:** 8 p.m.
Channel: Sportsnet

The Rangers built on the 5-1 victory and were five outs from their first post-season series win before the sputtering Rays — in Maddon's words — got their "mojo" back.

"Getting ahead is really a big component in this series," said Maddon, who will send 19-game winner David Price to the mound in a rematch of the starting pitchers from the opener.

"The first three games we just did not show up. All of a sudden we showed up for what, one and a half games now? Definitely there's a difference in the dugout and within the clubhouse. It's back to where it had been, and that's where we need to be."

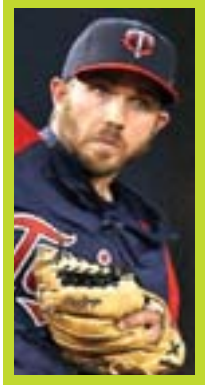
The Rays, who had the AL's best record this season, are trying to become the sixth team in major league history to win a post-season series after losing the first two games at home.

THE ASSOCIATED PRESS

.362

Since batting .123 (10-for-81) with one homer through the fifth inning of Game 3, the Rays have hit .362 (21-for-58) with four homers. The Rangers outscored the Rays 11-1 in the first two games, and led in the eighth inning of Game 3.

Quoted



"Five days ago we were going to win a World Series and now we're packing up our lockers. It just kind of happened really quick"

TWINS SHORTSTOP J.J. HARDY. MINNESOTA WAS ELIMINATED BY NEW YORK SATURDAY IN A THREE-GAME SWEEP. IT WAS THE FOURTH TIME IN EIGHT YEARS THAT MINNESOTA WAS ELIMINATED FROM THE POST-SEASON BY THE YANKEES.

Favre apologizes for distraction

NFL is investigating allegations quarterback sent inappropriate messages and photos to Jets hostess

Brett Favre apologized to the Minnesota Vikings for the distraction caused by an NFL investigation into allegations that he sent racy messages and lewd photos to a Jets game hostess in 2008.

A person with knowledge of the situation told The Associated Press that Favre spoke to his teammates yesterday while they were preparing to play the New York Jets at New Meadowlands Stadium. The person spoke on condition of anonymity because he was not authorized to talk publicly about the conversation.

ESPN first reported on Favre's apology.

NFL commissioner Roger Goodell said yesterday the league is looking to "find out all the facts" regarding the Favre allegations and that once the investigation is finished "then we'll determine what the next step is from there, if any."

"The first thing you want to do is find out the facts, and that's what we're trying to do."
COMMISSIONER ROGER GOODELL

Goodell spoke in Chicago, where he is attending league meetings. There was no indication from the NFL when the investigation would be complete or when the league would talk to Favre.

The NFL is trying to determine if Favre violated its personal conduct policy. Should the league find he did, Favre could be fined or suspended.

THE ASSOCIATED PRESS

ANDREW BURTON/GETTY IMAGES

▶ Brett Favre talks with Randy Moss during warm-ups last night.

Ford

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Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. *Lease a new 2011 Escape XLT I4 Auto/Edge SEL/Flex SEL. $271.29/$335.52/$337.529 (Cash Purchase Price) at 3.99%/2.99%/2.99% APR for 48 months and a monthly payment of $396/$495/$495. Total lease obligation is $20,508/$25,260/$28,260 with $1,500/$1,500/$4,500 down payment or equivalent trade-in, optional buyout is $9,485/$13,135/$12,000, cost of leasing is $2,864/$2,866/$2,731 or 3.99%/2.99%/2.99%. Based on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Additional payments may be required. Taxes payable on full amount of lease financing price after any manufacturer rebate is deducted. Some conditions and mileage restrictions of 80,000 km (equivalent to 48,000 miles) apply. Excess charges are $0.10/km ($0.16/mile). Lease includes $0 security deposit. Lessee responsible for maintenance, excess wear and tear. Lessee must purchase a minimum of 80% of the lease term. Offer ends September 6, 2011. Offer subject to change without notice. Offer valid in Ontario only. Dealer may sell or lease for less or may not offer these lease rates. Dealer trade may be required. †0% APR purchase financing for up to 60 months on approved credit from Ford Credit on 2011 Escape SEL/Focus (excluding ST)/Fusion/Edge (excluding SPORT)/Flex SEL/Explorer (excluding SPORT)/Mustang (excluding GT500)/Ranger (excluding 2011 XL)/Transit Connect/Super Duty/E-Series/Expedition/F-150 (excluding Raptor)/Taurus (excluding SE)/Transit Connect Wagon. Offer ends September 6, 2011. Offer subject to change without notice. Offer valid in Ontario only. Dealer may sell or lease for less or may not offer these lease rates. Dealer trade may be required. Taxes payable on full amount of purchase price. **Receive a winter safety package, which includes: four (4) Winter Tires, four (4) steel Rims, and one (1) Tire pressure monitoring system, when you purchase or lease any new 2010/2011 Ford Focus, Fusion, Escape or 2011 Fiesta on or before Nov. 30/10. Customers choosing to opt out of the no extra charge winter safety package will qualify for $300 in customer cash. This offer is not applicable to any Fleet (other than small fleets with an eligible FIN) or Government delivery and not combinable with CPA, GPC, CFP or Daily Rental Allowances. Some conditions apply. See Dealer for details. Vehicle handling characteristics, tire load index and speed rating may not be the same as factory supplied all season tires. Winter tires are meant to be operated during winter conditions and may require a higher cold inflation pressure than all season tires. Consult your Ford of Canada dealer for details including applicable warranty coverage. ˜ Program in effect from Oct. 1/10, to Jan. 3/11 (the "Program Period"). To qualify for a Ford Recycle Your Ride Program ("RYR") rebate ("Rebate(s)"), customer must qualify for and take part in either the "Retire Your Ride Program" delivered by Summerhill Impact with financial support from the Government of Canada, or Summerhill Impact's "Car Heaven Program". To qualify for the "Retire Your Ride Program", which offers $300 cash or rebate on the purchase of a 2004 or newer vehicle, customer must turn in a 1995 model year or older vehicle in running condition which has been properly registered and insured for the last 6 months to an authorized recycler. If a customer qualifies for Car Heaven or Retire Your Ride, Ford of Canada ("Ford") will provide an additional Rebate, with the purchase or lease of an eligible new 2010/2011 Ford vehicle, in the amount of $1,000 CDN (Focus (excluding 2011 S), Fusion (excluding 2011 SE), Escape (excluding 2011 XLT I4 Manual), Edge (excluding 2011 SE), Explorer (excluding 2011 Base models), Sport Trac), or $3,000 CDN (F150 (excluding Raptor and 2011 Regular Cab XL 4x2), F250-550, E-Series, Expedition) (each an "Eligible Vehicle"). Rebate amount may be used as a down payment or received as Cheque from Ford, but not both. Taxes payable before Rebate amount is deducted. RYR Rebates are available to residents of Ontario and Quebec only. Limit one Rebate per Eligible Vehicle. Rebate is available to retail customers, including Fleet customers, but not to dealers, brokers or leasing companies. Rebate is available on Eligible Vehicles delivered from Oct. 1/10 to Nov. 30/10 (the "Offer Period") only by dealers in Canada participating in the Program. Offer valid from Oct. 1/10 to Nov. 30/10 (the "Offer Period") only by dealers in Canada participating in the Program. Commercial Fleet customers are not eligible for Rebate. Offer valid on Eligible Vehicles delivered from Oct. 1/10 to Jan. 3/11 (the "Program Period"). To qualify for a Rebate, customer must lease or purchase an Eligible Vehicle from a participating dealer during the Program Period. Limit one Rebate per Eligible Vehicle. Rebate is available on Eligible Vehicles delivered from Oct. 1/10 to Jan. 3/11. Dealer may sell or lease for less or may not offer these lease rates. Dealer trade may be required. 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NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Toronto	2	2	0	0	0	8	3	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
d-Carolina	2	2	0	0	0	6	4	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
d-NY Islanders	2	1	0	0	1	10	9	3	1-0-0-1	0-0-0-0	1-0-0-1	W1
Philadelphia	2	1	0	1	0	4	4	3	0-0-0-0	1-0-1-0	1-0-1-0	L1
Tampa Bay	1	1	0	0	0	5	3	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
NY Rangers	2	1	1	0	0	10	9	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
Washington	2	1	1	0	0	9	6	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Atlanta	2	1	1	0	0	7	7	2	1-0-0-0	0-1-0-0	1-1-0-0	L1
Boston	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	W1
Montreal	2	1	1	0	0	5	5	2	0-0-0-0	1-1-0-0	1-1-0-0	W1
Buffalo	2	1	1	0	0	5	7	2	0-1-0-0	1-0-0-0	1-1-0-0	L1
Pittsburgh	3	1	2	0	0	7	7	2	0-2-0-0	1-0-0-0	1-2-0-0	W1
New Jersey	3	0	2	1	0	6	14	1	0-1-1-0	0-1-0-0	0-2-1-0	L3
Florida	1	0	1	0	0	2	3	0	0-0-0-0	0-1-0-0	0-1-0-0	L1
Ottawa	2	0	2	0	0	2	7	0	0-1-0-0	0-1-0-0	0-2-0-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	2	2	0	0	0	9	7	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
d-Detroit	2	2	0	0	0	7	2	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
d-Edmonton	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
St. Louis	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
San Jose	2	1	0	1	0	5	5	3	1-0-0-0	0-0-1-0	1-0-1-0	L1
Nashville	1	1	0	0	0	4	1	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
Colorado	1	1	0	0	0	4	3	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
Columbus	2	1	1	0	0	5	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Phoenix	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	L1
Los Angeles	2	1	1	0	0	3	4	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
Calgary	2	1	1	0	0	3	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Vancouver	1	0	0	0	1	1	2	1	0-0-0-1	0-0-0-0	0-0-0-1	L1
Chicago	2	0	1	1	0	5	7	1	0-1-0-0	0-0-1-0	0-1-1-0	L2
Minnesota	2	0	1	0	1	4	6	1	0-1-0-0	0-0-0-1	0-1-0-1	L2
Anaheim	3	0	3	0	0	2	13	0	0-0-0-0	0-3-0-0	0-3-0-0	L3

d — division leader; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Yesterday's results
Pittsburgh 3 New Jersey 1
N.Y. Islanders 6 N.Y. Rangers 4
St. Louis 5 Anaheim 1
Chicago at Buffalo
Colorado at Philadelphia
Ottawa at Washington
Florida at Vancouver
Sunday's results
Calgary 3 Los Angeles 1
Edmonton 3 Florida 2
At Prague, Czech Republic
Boston 3 Phoenix 0
Tonight's games
(All times Eastern)
Colorado at Detroit, 7 p.m.
Atlanta at Los Angeles, 10:30 p.m.
Tomorrow's games
New Jersey at Buffalo, 7 p.m.
N.Y. Islanders at Washington, 7 p.m.
Tampa Bay at Montreal, 7:30 p.m.
Toronto at Pittsburgh, 7:30 p.m.
Nashville at Chicago, 8:30 p.m.
Vancouver at Anaheim, 10 p.m.
Thursday's games
Tampa Bay at Philadelphia, 7 p.m.
Carolina at Ottawa, 7:30 p.m.
St. Louis at Nashville, 8 p.m.
Edmonton at Minnesota, 8:30 p.m.
Detroit at Dallas, 8:30 p.m.
Florida at Calgary, 9 p.m.
Friday's games
Colorado at New Jersey, 7 p.m.
Toronto at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Chicago at Columbus, 7 p.m.
Montreal at Buffalo, 7:30 p.m.
Atlanta at Anaheim, 10 p.m.
Vancouver at Los Angeles, 10:30 p.m.

LATE SUNDAY

FLAMES 3, KINGS 1

First Period
No Scoring.
Penalties — Westgarth LA (hooking) 7:57, Brodie Cal (tripping) 9:47, Johnson LA (interference) 14:49, Regehr Cal (high-sticking) 19:45.
Second Period
1. Calgary, Glencross 1 (Sutter) 11:31 (sh)
Penalties — Westgarth LA (interference) 2:50, Conroy Cal (roughing) 10:17.
Third Period
2. Calgary, Conroy 1 (Morrison) 1:20
3. Los Angeles, Brown 1 (Kopitar, Doughty) 14:06
4. Calgary, Hagman 1 (Morrison) 19:37 (pp, en)
Penalties — Doughty LA (tripping) 7:34, Richardson LA (high-sticking) 18:25.
Shots on goal by

Los Angeles	8	7	7	22
Calgary	12	6	14	32

Goal — Los Angeles: Bernier (L,0-1-0); Calgary: Kiprusoff (W,1-1-0).
Power plays (goals-chances) — Los Angeles: 0-3; Calgary: 1-5.
Referees — Kelly Sutherland, Tom Kowal.
Linesmen — Mike Cvik, Mark Wheler.
Attendance — 19,289 (19,289).

OILERS 3, PANTHERS 2

First Period
No Scoring.
Penalties — Horcoff Edm (cross-checking) 5:26, Weiss Fla (tripping) 10:06.
Second Period
1. Edmonton, Penner 1 (Gilbert, Gagner) 1:33
2. Edmonton, Jones 1 (Vandermeeer) 5:34
3. Florida, Reasoner 1 (Bernier) 6:11
4. Edmonton, Horcoff 2 (Hall, Peckham) 7:20
5. Florida, Reasoner 2 (Booth, Bernier) 17:51
Penalties — Smid Edm (holding) 9:27, Fraser Edm (high-sticking) 10:11, Stillman Fla (interference) 10:17, Brule Edm (high-sticking) 13:16, Gilbert Edm (hooking) 15:05.
Third Period
No Scoring.
Penalties — None.
Shots on goal by

Florida	11	12	5	28
Edmonton	3	4	6	13

Goal — Florida Vokoun (L,0-1-1); Edmonton: Khabibulin (W,2-0-0).
Power plays (goals-chances) — Florida: 0-4; Edmonton: 0-2.
Referees — Ian Walsh, Brad Watson. **Linesmen** — Darren Gibbs, Thor Nelson.
Attendance — 16,839 (16,839) at Edmonton.

MLB

2010 POSTSEASON

DIVISION SERIES

AMERICAN LEAGUE
Tampa Bay vs. Texas
(Series tied 2-2)
Tonight's game
Texas (Cl.Lee 12-9) at Tampa Bay (Price 19-6), 8:07 p.m.
Minnesota vs. New York
(New York wins series 3-0)
NATIONAL LEAGUE
Philadelphia vs. Cincinnati
(Philadelphia wins series 3-0)
San Francisco vs. Atlanta
(San Francisco leads series 2-1)
Last night's result
San Francisco at Atlanta
Tomorrow's game
x-Atlanta (undecided) at San Francisco (Lincecum 16-10), 8:07 p.m.
x-if necessary

LATE SUNDAY

PHILLIES 2, REDS 0

Philadelphia	ab	r	h	bi	Cincinnati	ab	r	h	bi
Victorn cf	5	0	1	0	Stubbs cf	4	0	1	0
Polanc 3b	4	1	1	0	BPhllps 2b	4	0	1	0
Utley 2b	4	1	1	1	Votto 1b	4	0	0	0
Howard 1b	4	0	2	0	Rolen 3b	4	0	1	0
Werth rf	4	0	0	0	Gomes lf	3	0	0	0
Rollins ss	3	0	1	0	RHrndz c	3	0	1	0
Ibanez lf	4	0	0	0	Arroyo pr	0	0	0	0
C.Ruiz c	4	0	2	0	Bray p	0	0	0	0
Hamels p	3	0	0	0	Masset p	0	0	0	0
Chpmn p	0	0	0	0					
Bruce rf	3	0	1	0					
OCarer ss	3	0	0	0					
Cueto p	1	0	0	0					
Cairo ph	1	0	0	0					
HBaily p	0	0	0	0					
Hanign c	1	0	0	0					
Totals	**35**	**2**	**8**	**1**	**Totals**		**31**	**0**	**5**	**0**

Philadelphia	100	010	000	2
Cincinnati	000	000	000	0

E—Polanco (1), Rolen (2), O.Cabrera (1). DP—Philadelphia 1, Cincinnati 1. LOB—Philadelphia 8, Cincinnati 4. 2B—C.Ruiz (1), R.Hernandez (1). HR—Utley (1). S—Hamels.

	IP	H	R	ER	BB	SO
Philadelphia						
Hamels W,1-0	9	5	0	0	0	9
Cincinnati						
Cueto L,0-1	5	5	2	1	1	2
H.Bailey	2	2	0	0	0	2
Bray	1-3	0	0	0	0	1
Masset	2-3	0	0	0	0	1
Chapman	1	1	0	0	0	0

Umpires—Home, Sam Holbrook; First, Ed Rapuano; Second, Gary Cederstrom; Third, Rob Drake; Right, Bruce Dreckman; Left, John Hirschbeck.
T—3:00. A—44,599 (42,319) at Cincinnati.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	28	14	8	6	35	27	48
x-Columbus	28	13	8	7	35	31	46
Kansas City	27	9	12	6	30	33	33
Chicago	27	8	11	8	33	35	32
Toronto FC	28	8	13	7	28	37	31
New England	28	8	15	5	31	48	29
Philadelphia	28	7	14	7	32	45	28
D.C. United	28	6	19	3	19	44	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	28	17	6	5	41	22	56
x-Real Salt Lake	28	14	4	10	41	18	52
x-FC Dallas	28	12	2	14	41	24	50
x-Seattle	28	13	9	6	36	32	45
x-San Jose	27	12	8	7	30	28	43
Colorado	28	11	8	9	39	29	42
Chivas USA	27	8	15	4	29	36	28
Houston	28	7	15	6	37	48	27

Note: Three points for a win, one for a tie.
x — clinched playoff berth.
Tonight's game
(All times Eastern)
Kansas City at Chicago, 8:30 p.m.

GAMES

COMMONWEALTH GAMES

At New Delhi

WHAT CANADA DID

BADMINTON

Men
Doubles:
Toby Ng, Calgary, and Jon Vandervet, Edmonton, lost in round of 16.
Women
Singles: Anna Rice, North Vancouver, B.C., lost in quarter-finals; Michelle Li, Markham, Ont., lost in quarter-finals.
Doubles: Grace Gao, Calgary, and Joycelyn Ko, Toronto, lost in round of 16; Alex Bruce, Toronto, and Michelle Li, Markham, Ont., lost in round of 16.

DIVING

Men
Three-metre springboard: Alexandre Despatie, Laval, won gold; Rueben Ross, Pilot Butte, Sask., won silver; Eric Sehn, Edmonton, fourth.
Women
10-metre platform: Roseline Filion, Laval, Que., fourth; Carol-Ann Ware, Otterburn, Park, Que., fifth; Pamela Ware, Otterburn Park, 11th.

FIELD HOCKEY

Women
India 3 Canada 0

RUGBY SEVENS

Men
New Zealand 43 Canada 7
Scotland 19 Canada 17
Canada 47 Guyana 0

SHOOTING

Men
Pairs Skeet: Jason Caswell, Edmonton, and Richard McBride, Saskatoon, won silver.

TRACK AND FIELD

Men
Pole vault:Jason Wurster, Toronto, seventh, 5.25 metres.
Women
100 hurdles: Angela Whyte, Edmonton, won silver, 12.98.
200: Adrienne Power, Halifax, won bronze, 23.52.
800: Diane Cummins, Victoria, won bronze, 2:00.13.

WEIGHTLIFTING

Men
105+ kilograms: George Kobaladze, Montreal, won bronze.

TENNIS

ATP WORLD TOUR SHANGHAI ROLEX MASTERS

At Shanghai, China
Yesterday's results
Singles — First Round
Jo-Wilfried Tsonga (12), France, def. Feliciano Lopez, Spain, 7-6 (4), 6-3.
Guillermo Garcia-Lopez, Spain, def. Eduardo Schwank, Argentina, 6-7 (8), 6-2, 6-4.
Jurgen Melzer (13), Austria, def. Yang Tsung-hua, Taiwan, 6-4, 7-6 (5).
Jeremy Chardy, France, def. Marcos Baghdatis, Cyprus, 7-6 (4), 6-1.
Thiemo de Bakker, Netherlands, def. Fernando Verdasco (9), Spain, 7-6 (4), 7-5.
Juan Monaco, Argentina, def. Florent Serra, France, 6-4, 7-6 (3).
Mischa Zverev, Germany, def. Sergiy Stakhovsky, Ukraine, 6-1, 4-6, 7-6 (7)
Stanislas Wawrinka, Switzerland, def. Gilles Simon, France, 6-4, 6-1.
Doubles — First Round
Lukas Dlouhy and Radek Stepanek, Czech Republic, def. John Isner and Sam Querrey, U.S., 6-3, 6-7 (1), 10-6 tiebreak.
Nicolas Almagro and David Marrero, Spain, def. Gong Mao-Xin and Li Zhe, China, 4-6, 6-2, 10-5 tiebreak.

TRANSACTIONS

BASEBALL

MLB

NATIONAL LEAGUE
CHICAGO CUBS — Announced pitching coach Larry Rothschild has exercised his contract option for next season.

BASKETBALL

NBA

LEAGUE OFFICE — Fined Portland G Rudy Fernandez $50,000 for public statements detrimental to the NBA.
GOLDEN STATE WARRIORS — Waived F Vernon Goodridge.
MEMPHIS GRIZZLIES — Waived F Luke Jackson, G Tre Kelley and G Kenny Thomas.
PHOENIX SUNS — Waived G Chucky Atkins.
PORTLAND TRAIL BLAZERS — Signed C Steven Hill.
SAN ANTONIO SPURS — Waived G Kirk Penney.

FOOTBALL

NFL

BUFFALO BILLS — Activated TE Shawn Nelson from the suspended list. Released LB Chris Ellis.
CAROLINA PANTHERS — Claimed WR Devin Thomas off waivers from Washington. Waived OL Tim Duckworth.

HOCKEY

NHL

ANAHEIM DUCKS — Signed D Andreas Lilja to a one-year contract.
ATLANTA THRASHERS — Reassigned G Drew MacIntyre to Chicago (AHL). Recalled G Peter Mannino from Chicago.
COLUMBUS BLUE JACKETS — Assigned G David LeNeveau to Springfield (AHL).
DETROIT RED WINGS — Signed coach Mike Babcock to a four-year contract extension.
SAN JOSE SHARKS — Assigned C Tommy Wingels to Worcester (AHL).

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	14	10	4	0	455	356	20
Hamilton	14	7	7	0	366	366	14
Toronto	14	7	7	0	283	363	14
Winnipeg	14	4	10	0	392	385	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	14	10	4	0	471	341	20
x-Saskatchewan	14	9	5	0	399	369	18
B.C.	14	5	9	0	356	366	10
Edmonton	14	4	10	0	273	449	8

x — clinched playoff berth.
Yesterday's results
Montreal 46 Calgary 19
Winnipeg 47 B.C. 35 (OT)
Saturday's result
Toronto 24 Saskatchewan 19
Friday's result
Hamilton 36 Edmonton 11

WEEK 16

Friday, Oct. 15
Hamilton at Toronto, 7:30 p.m.
Saturday, Oct. 16
Edmonton at B.C., 10 p.m.
Sunday, Oct. 17
Winnipeg at Montreal, 1 p.m.
Calgary at Saskatchewan, 4 p.m.

SCORING LEADERS

x - scored two-point convert

	TD	C	FG	S	Pts
Duval, Mtl	0	37	30	12	139
McCallum, BC	0	26	35	6	137
Maver, Cal	0	50	27	3	134
Congi, Sask	0	39	26	2	119
DeAngelis, Ham	0	32	26	3	113
Prefontaine, Edm	0	25	21	8	96
Cates, Sask	15	0	0	0	90
x-Green, Mtl	10	2	0	0	62
Edwards, Wpg	10	0	0	0	60
Bryant, Cal	9	0	0	0	54
x-Cobb, Ham	8	1	0	0	50
Robertson, BC	8	0	0	0	48
Serna, Wpg	0	20	8	4	48
Palardy, Ham-Wpg	0	14	10	4	48
Bruce, Ham	7	0	0	0	42

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	3	1	0	.750	106	61
New England	3	1	0	.750	131	96
Miami	2	2	0	.500	66	92
Buffalo	0	5	0	.000	87	161

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	2	0	.600	118	136
Jacksonville	3	2	0	.600	107	137
Tennessee	3	2	0	.600	132	95
Indianapolis	3	2	0	.600	136	101

NORTH

	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	92	72
Pittsburgh	3	1	0	.750	86	50
Cincinnati	2	3	0	.400	100	102
Cleveland	1	4	0	.200	78	97

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	1	0	.750	77	57
Oakland	2	3	0	.400	111	134
Denver	2	3	0	.400	104	116
San Diego	2	3	0	.400	140	106

WEEK FIVE

Byes: Miami, New England, Pittsburgh, Seattle
Last night's result
Minnesota at N.Y. Jets
Sunday's results
Arizona 30 New Orleans 20
Atlanta 20 Cleveland 10
Baltimore 31 Denver 17
Chicago 23 Carolina 6

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	3	2	0	.600	89	92
N.Y. Giants	3	2	0	.600	106	98
Philadelphia	3	2	0	.600	122	103
Dallas	1	3	0	.250	81	87

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	1	0	.800	113	70
Tampa Bay	3	1	0	.750	74	80
New Orleans	3	2	0	.600	99	102
Carolina	0	5	0	.000	52	110

NORTH

	W	L	T	Pct	PF	PA
Chicago	4	1	0	.800	92	74
Green Bay	3	2	0	.600	119	89
Minnesota	1	2	0	.333	43	38
Detroit	1	4	0	.200	126	112

WEST

	W	L	T	Pct	PF	PA
Arizona	3	2	0	.600	88	138
Seattle	2	2	0	.500	75	77
St. Louis	2	3	0	.400	83	96
San Francisco	0	5	0	.000	76	130

Detroit 44 St. Louis 6
Indianapolis 19 Kansas City 9
Jacksonville 36 Buffalo 26
N.Y. Giants 34 Houston 10
Oakland 35 San Diego 27
Philadelphia 27 San Francisco 24
Tampa Bay 24 Cincinnati 21
Tennessee 34 Dallas 27
Washington 16 Green Bay 13 (OT)

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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ♦$9,000/$4,500/$7,000/$1,000 is a manufacturer to dealer delivery credit (tax exclusive) for 2010 Chevrolet Silverado 1500/Aveo/Cobalt LT/Malibu LS) reflected in offers in this advertisement. Other cash credits available on most models. ‡0% purchase financing offered by GMCL up to 72 months on 2010 Chevrolet Malibu LS R7C. OAC by Ally Credit. Rates from other lenders will vary. Example: $10,000 at 0% APR, monthly payment is $138.89 for 72 months. Cost of borrowing is $0; total obligation is $10,000. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. ‡Variable rate financing for 84 months on 2010 Chevrolet Malibu LS R7C/Silverado 1500 Ext. Cab 4WD R7H) on approved credit. Bi-weekly payment and variable rate shown based on current TD Bank prime rate and is subject to fluctuation; actual payment amounts will vary with rate fluctuations. Example: $10,000 at 3% for 84 months, the monthly payment is $122.13. Cost of borrowing is $1,058.92; total obligation is $11,058.92. Down payment and/or trade may be required. Monthly payments and cost of borrowing will also vary depending on amount borrowed and down payment/trade. Taxes are not included for bi-weekly payment. Bi-weekly payments based on a purchase price of $23,995/$27,995 with $0 down payment. ^^Smart Purchase℠ financing is available on approved credit through Ally Credit. Eligible vehicles 2010/2011 Aveo 1LS/1LT/2LT/2LS, Cobalt LT, Malibu LS R7C/LT R7E/LT Platinum R7F, Silverado 1500 Ext. Cab 4WD R7H/Cheyenne Edition R7K, Avalanche 1500 LS R7C/LT R7E. Example: $10,000 at 5.99% APR for 66 months with no down payment or trade required, $91 bi-weekly payment and cost of borrowing is $1,937.70/$2,574.71. Total obligation is $12,392.70/$16,869.71. Down payment and/or trade may be required. Monthly payments and cost of borrowing will vary depending on amount borrowed and down payment/trade. Taxes are not included for bi-weekly payment. Offer applies to the purchase of 2010 Chevrolet Aveo 5-door LS R7C/Cobalt LT Coupe or Sedan R7C/Malibu LS R7C/ Silverado 1500 Ext. Cab 4WD R7H). ♦♦‡/N^^Freight & PDI ($1,450/$1,450/$1,350/$1,350), registration, air and tire levies and OMVIC fees are included. Insurance, licence, PPSA, dealer fees and applicable taxes are not included. Offers apply as indicated to the purchase or finance of 2010 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. 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Side-impact Crash Test rating is for models tested with standard head-curtain side-impact air bags. 2010 Chevrolet Aveo and Silverado 1500 received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. ††Chevrolet Aveo 5-door LS Sport with UFL; MSRP with freight, PDI & fees $16,695. Chevrolet Cobalt LT Team Canada Edition, MSRP with freight, PDI & fees $21,119. Chevrolet Malibu LT Platinum Edition, MSRP with freight, PDI & fees $27,119. Chevrolet Silverado 1500 LT Crew Cab 4WD, MSRP with freight, PDI & fees $39,254. Dealers are free to set individual prices. †Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions. ‡‡Chevrolet Aveo 5-door LS R7C, Cobalt LT Coupe or Sedan R7C, Malibu LS R7C, Silverado 1500 Ext. Cab 4WD R7H, Avalanche 1500 LS R7C/LT R7E. Excess wear and kilometer fees, disposal fee, duties and taxes not included. Dealers are free to set individual prices. 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BUFFALO BILLS

Bills owner wants QB in draft

Calling himself "a realist," Buffalo Bills owner Ralph Wilson warned it might take as many as three years to rebuild his team, and added drafting a quarterback next year is the club's top priority.

Speaking by phone from his home in suburban Detroit yesterday, the Hall of Fame owner seemed nearly lost for words in describing the Bills, who, at 0-5, are off to their worst start in 25 years.

"I hope you understand that there's really nothing I can say," Wilson told The Associated Press.

"You've seen this thing. I'm not going to try to explain it or make excuses. It's bad."

Wilson then expressed confidence in the plan that general manager Buddy Nix and coach Chan Gailey — both in their first year — have for turning the team around. But he cautioned it won't happen overnight.

THE ASSOCIATED PRESS

Concussion could keep Rodgers out

Quarterback Aaron Rodgers has a concussion and might have to sit out this Sunday's game against Miami, the latest blow in a wave of injuries that has hit the Green Bay Packers in a season they hoped would end in the Super Bowl. Packers coach Mike McCarthy said Rodgers suffered the concussion during a helmet-to-helmet hit late in Sunday's overtime loss at Washington and he could miss the Dolphins game.

THE ASSOCIATED PRESS

Burnett set to rejoin rotation

A.J. Burnett is scheduled to start Game 4 of the AL championship series for the New York Yankees.

General manager Brian Cashman said yesterday that New York decided against using a three-man rotation against Texas or Tampa Bay, which would have required CC Sabathia, Andy Pettitte and Phil Hughes to start on three days' rest.

Burnett did not appear against Minnesota in the division series.

THE ASSOCIATED PRESS

There's more to the Leafs than just hockey

Here's a look at a few nuggets of personal information about the Toronto Maple Leafs players gleaned from the club's media guide

FENG LI/GETTY IMAGES

1. TRIPS TO PARIS

Leafs forward John Mitchell likes to visit Paris.

"It's such a historic city, there's so many historical things to see there, it's unbelievable," said Mitchell, who visited in the summer of 2009. "Every street you walk down, there's something new. You walk down what looks like an alleyway, and there'll be these markets and shops.

"Cab drivers are insane, way worse than Toronto. It's like there's no lanes there. They speed down the teeniest alleys you've ever seen and you're just holding on for dear life."

TWENTIETH CENTURY FOX

2. MOVIE BUFFS

There's lots of fans of Will Ferrell and his movies in the Leaf room. But not exclusively. Phil Kessel's favourite movies are Rounders, about poker starring Matt Damon, and the crime thriller Boondock Saints starring Willem Dafoe.

Jeff Finger chose the 1994 drama Shawshank Redemption starring Tim Robbins, a movie he says he's seen 20 times.

John Mitchell's favourite is Avatar. "The theatrics of it, the colours were absolutely amazing," says Mitchell.

RICK STEWART/GETTY IMAGES

3. GANG GREEN FAN

True to form, defenceman Mike Komisarek's favourite show is Hard Knocks, an HBO series that went behind the scenes to film the New York Jets.

"I'm a Giants guy but after watching that show it's tough not to be a fan of (Jets head coach) Rex Ryan and the Jets. Just his no-nonsense hard-nosed approach. He just seemed like a guy you'd want to have a beer with," says Komisarek. "You get a true appreciation to see what they go through, how much they exert themselves physically."

HARRY HOW/GETTY IMAGES

4. YOUTUBE FIEND

Kris Versteeg finds YouTube both fun and educational.

"I don't go on the Internet for anything else," says Versteeg. "I just like to look up most viewed videos. Funny videos like that (French prankster) Remi Gaillard. You've got to watch this guy, he's a nutcase. If he's been in jail, I wouldn't be surprised. He goes out in public and does all these crazy things." As for the educational side: "I watch guys like Pavel Datsyuk, watch their highlights and learn what those guys can do. It's a pretty big asset to my life." TORSTAR NEWS SERVICE

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Doping scandal surfaces in India

Nigerian sprinter Oludamola tests positive for doping at Commonwealth Games

After a host of self-induced problems that brought bad publicity for India's Commonwealth Games organizers, a new one surfaced yesterday that was completely out of their control: A positive drug test.

In what has become almost inevitable at multi-sports events, Commonwealth Games Federation president Mike Fennell announced the first doping case in New Delhi, saying Osayomi Oludamola of Nigeria tested positive for the banned stimulant Methylexanemine and could be stripped of her gold medal in the 100 metres.

The Games have been plagued by problems with ticketing, near-empty stadiums, construction delays and filthy conditions in the athletes' village before competition began.

More than 900 doping tests have been conducted since the Games opened Oct. 3, Fennell said, and so far Oludamola had returned the only positive.

The eighth of 11 competition days yesterday was highlighted for Canada by Alexandre Despatie of Laval, Que., who won the three-metre diving competition, ahead of Reuben Ross of Pilot Butte, Sask. Edmonton's Eric Sehn just missed making it a Canadian sweep, finishing fourth.

Canadians won seven medals in all, pushing the country's total to 66, 23 of them gold, good for fourth in both counts.

Australia continues to lead with 143 medals (64 gold) ahead of England at 109 (26 gold) and India 81 (30 gold).

Despatie, 25, also won the one-metre competition Sunday. He now has eight career gold medals at the Commonwealth Games.

"A medal at these Games is always special for me," he said.

THE CANADIAN PRESS

200

The Games end Thursday, and street kids will have a chance to see the closing ceremonies. The Delhi government plans to purchase 200 tickets that it will distribute to children who live and work on the streets of this city of 12 million people.

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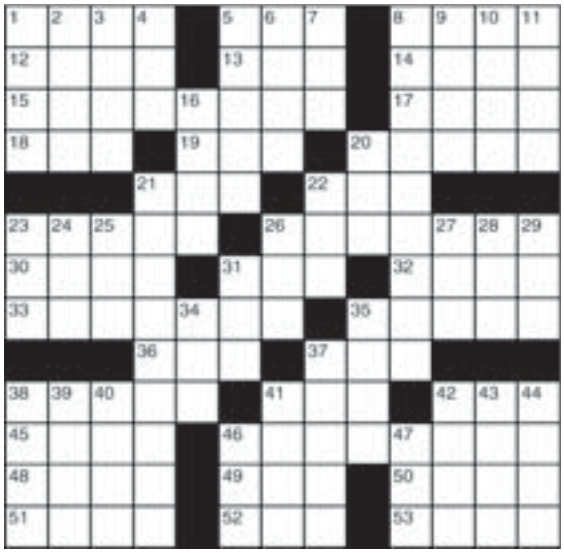

Across

1ACROSS
1 Genie's home
5 Society newcomer
8 Herd members
12 Hodgepodge
13 Eggs
14 Stage statuette
15 Daughter of King Lear
17 Parks of civil rights fame
18 Coloration
19 Every last crumb
20 Skilled
21 Weep
22 Nevertheless, briefly
23 Fold-up mattress
26 Malaria remedy
30 Distant
31 Comprehend
32 Rainbow
33 Walked like a little kid
35 Got down to pray
36 Doctrine
37 Insect
38 Wide
41 Knight's address
42 Toward the stern
45 Count counterpart
46 Ribbed fabric
48 And others (Lat.)
49 Curved line
50 Harvest
51 Depend (on)
52 To the — degree
53 Appellation

Down

1 Ness or Lomond
2 Felipe or Matty of baseball
3 Swampy terrain
4 Pea holder
5 1996 newsmaking clone
6 Satanic
7 Comment from 5-Down
8 Putting a barrier around
9 Reed instrument
10 Thin trail of smoke
11 Membership
16 Deserve
20 Sushi-bar tuna
21 As a good host would
22 Historic boy king
23 Obese
24 Venusian vehicle?
25 Slight amount
26 Proof abbr.
27 Dander
28 Zero
29 NYC hrs.
31 Jewel
34 1960s hallucinogen
35 Kirkuk native
37 With 38-Down, cousin of sarsaparilla
38 See 37-Down
39 Assessment
40 Exam format
41 Ilk
42 Vicinity
43 Lather
44 Blood category
46 Has the skills
47 Grecian vessel

▶ Yesterday's answer

Sudoku

	7	5				3		
			2	3				8
6					4			2
		6	1		9		4	
	4			5			7	
	2		8		7	1		
8			4					5
9				6	1			
		4				9	3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	9	6	5	8	4	1	3	7
8	4	5	7	3	1	9	6	2
3	1	7	2	6	9	8	4	5
6	8	9	1	4	7	5	2	3
4	3	1	6	2	5	7	9	8
7	5	2	8	9	3	4	1	6
9	7	8	3	1	2	6	5	4
5	2	4	9	7	6	3	8	1
1	6	3	4	5	8	2	7	9

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FROM YOURS STUPIDELY, ODES

To Teresa, you're the best! Cheers to our friendship XO!
FOREVER & ALWAYS, CHRISTINA

Jenny Hunter, My Jenny Pooh, I have Loved You since we first met and my Love is still growing for You! If Your Love for Me is as strong as mine, lets have a great Life together! Will You Marry Me and make Me Happy Forever!!
LOVE FROM YOUR POOH BEAR XOXOXO :-)

J, you have brought so much bliss, wonder and thrill into my life. You treat me like a princess and I don't thank you enough for it. So, thank you from the bottom of my heart!
– B

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Don't settle for second best. Don't settle for a lifestyle that provides you with just enough. Get up and get out and make something of the amazing talents you were born with.

♉ Taurus April 21-May 21 You will be thinking big and talking big over the next few days, and there is absolutely nothing wrong with that. The only danger is that you may not always be able to deliver on the promises you make.

♊ Gemini May 22-June 21 The Sun in Libra gives your confidence a boost and makes you believe you can move mountains. But there is still a lot of hard work to be done before your dreams come true.

♋ Cancer June 22-July 22
Venus and Mars are already transiting the most positive area of your chart, and when the Sun joins them there on the 23rd there will be no stopping you.

♌ Leo July 23-Aug.23 Leo is a generous sign but your willingness to see only the good in people can sometimes lead to you being taken advantage of. Be generous today but be wary too.

♍ Virgo Aug. 24- Sept. 22 First impressions may be important but first impressions can sometimes be wrong as well and the planets warn that you need to investigate someone more deeply before deciding whether or not to trust them.

♎ Libra Sept. 23-Oct. 23 The Sun in your sign is a wonderful influence but don't let it blind you to reality. Now that Venus, your ruler, is moving retrograde there is a danger you will see only what you want to see.

♏ Scorpio Oct. 24-Nov. 22 You may have fallen heavily for someone who presses all the right emotional buttons, but how likely is it that your relationship will last? You have got to be realistic.

♐ Sagittarius Nov. 23-Dec. 21 Everything seems to be going right for you now, but don't fall into the trap of thinking that you no longer need to make a personal effort. Life may be good but never take anything for granted.

♑ Capricorn Dec. 22-Jan. 20
Cosmic activity in the career sector of your chart is bringing challenges that have to be dealt with quickly and efficiently. Fortunately you are not the sort to hesitate, not when there is so much at stake.

♒ Aquarius Jan. 21-Feb. 18
Duty is important but the most important duty of all is the one you have to you. If you are not happy then the people around you won't be either.

♓ Pisces Feb. 19-March 20
Something unexpected will happen, something that brings a smile to your face. Others may say it's luck, but luck has nothing to do with it. It's a cosmic reward for something good you did. **SALLY BROMPTON**

ANDY WONG/THE CANADIAN PRESS

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Punta Cana

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Samana

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Liberia

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